

THE LAVENDER



1.LAVENDER MEANING

** The scientific name of lavender is "lavandula", which comes from the Latin word "larvare" meaning "to wash".*

The color is also associated with the crown chakra, which is the energy center associated with higher purpose and spiritual connectivity.

2.HISTORY OF LAVENDER

The origin of Lavender is believed to be from the Mediterranean, Middle East and India. Its history goes back some 2500 years. In Ancient Egypt, lavender was used in the mummification process.

3.SEVERAL CURIOSITIES ABOUT LAVENDER

****NATURAL INSECT REPELLENT.***

Its fragrance attracts butterflies and bees as well as repels mosquitoes and aphids, being one the most effective natural remedies to avoid insects in our home.

In the past, a popular remedy was to place small bags with lavender on clothing which repelled insects.

****IDEAL FOR BATHING OR NOT...***

Firstly, the romans used to use lavender for bathing due to its aromatic and antiseptic properties.

And the other hand, it was used in England during the 16th century to perfume clothes, as they weren't used to bathing even when the "black death" hit London, lavender oil and alcohol were used to prevent the disease. Besides, bunches of the plant were sold on the streets to mitigate the smell of the death and sick.

****CULINARY USES:***

Lavender delivers a floral, slightly sweet and elegant flavor to salads, soups, meat and seafood dishes, desserts, cheeses, baked goods and confectionery. For most cooking applications it is the dried flowers that are used although the leaves may also be used. Only the buds or flowers contain the essential oil of Lavender which is where the scent and flavor are best derived.

****DID YOU KNOW THE SCENT OF LAVENDER HAS A CALMING EFFECT SIMILAR TO VALIUM?***

In small doses lavender is an excellent sedative and helps to calm the nerves. It has a fresh scent that relaxes and relieves mental exhaustion as it contains linalool (terpenic alcohol) and linalyl acetate responsible for its sedative action.

You can put two or three drops of essence on your pillow for a good night's sleep or make a little bag with lavender flowers and go to sleep.

****IT ATTRACTS LOVE, IS IT TRUE?***

Popular belief says lavender scented clothing attracts love. They even recommend writing perfumed letters with this essence to your partner which strengthens the bonds of love between the two.

****WHAT DOES THE LAVENDER FLOWER SYMBOLIZE?***

It represents freshness, purity, silence and calm making a perfect flower for decorating many spaces creating environments full of peace. Also, if you give lavender to a loved one, you'll be sending a clear message of calm and tranquility.

**** SOME "MAGICAL POWERS":***

+ It is healing, soothing and antiseptic. It is therefore a good remedy for blisters, superficial burns, superficial cuts and wounds, dizziness and mosquito, spider, mite and jellyfish bites.

+It is analgesic and anti-inflammatory. It is therefore useful for soothing stiffness.

DOING THIS JOB, WE HAVE DISCOVERED LAVENDER HAS SO MANY USES AND PROPERTIES THAT WE COULD CALL IT "THE PURPLE GOLD"!!

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