



## **LOVE LAVENDER?** *There is a reason you do!*

Today, lavender is the most used essential oil in aromatherapy in the world. Ancient texts tell us that lavender essential oil has been used for medicinal purposes for over 2,500 years.

### **Today, lavender essential oil benefits your body in the following ways:**

- Improves your mood to help battle depression
- Reduces anxiety and stress
- Heals burns and wounds
- Improves sleep
- Restores skin complexion and reduces acne
- Slows aging with powerful antioxidants



**Dr. Ilona Fotek**

*Always seeking natural ways to help her patients.*

