

Lavender Flowers – Calming Nervine, Antimicrobial Ally & Skin Soother

Botanical Profile

- Latin Name: *Lavandula angustifolia*
- Alternative Names: English Lavender, True Lavender
- Plant Family: Lamiaceae (Mint family)
- Parts Used: Flowers
- Origin: Native to the Mediterranean; now widely cultivated globally

Lavender is perhaps one of the most beloved herbs in both traditional and modern herbalism. Known for its soothing fragrance and wide range of actions, it brings comfort to the nervous system, clarity to the mind, and ease to the body. At Peridotflow Wellness Centre, Lavender is a plant of peace—offering gentle emotional regulation, spiritual calm, and deep healing through the senses.

Calms the Nervous System and Eases Anxiety

Lavender is a gentle but effective nervine that soothes emotional overwhelm, anxiety, and tension. Its fragrant volatile oils interact with the limbic system to shift mood, soften stress responses, and promote emotional steadiness. Perfect in teas, tinctures, or aromatherapy during times of mental strain.

Promotes Restful Sleep and Relaxation

Lavender helps to settle racing thoughts and supports transitions into sleep, especially when restlessness is linked to worry or irritability. Whether sipped as tea or used as an essential oil near the pillow, its calming qualities assist deep, restorative rest.

Eases Digestive Discomfort and Tension

As a carminative and antispasmodic, Lavender relaxes the digestive tract, alleviating bloating, gas, and mild cramping—especially when linked to emotional upset. It helps restore ease to the gut-brain connection and is useful for sensitive digestive types.

Antimicrobial and Immune Protective

Lavender's essential oils have broad-spectrum antimicrobial properties. It can be used to support recovery from colds, flu, or low-grade infections, as well as in cleaning blends or sprays to purify air and surfaces.

Soothes Irritated Skin and Supports Wound Healing

Used externally, Lavender calms redness, inflammation, burns, and insect bites. It is widely used in balms, lotions, and bath soaks for its ability to soothe sensitive skin and encourage tissue repair.

Folklore & History

Lavender has been used for thousands of years in ritual, medicine, and self-care. The Romans used it in bathing, while medieval herbalists relied on it for calming nerves and warding off illness. Lavender symbolised devotion and purity and was often woven into love spells, sleep sachets, and protective charms.

Traditional Usage

Traditionally prepared as a tea, tincture, or essential oil for nervous complaints, insomnia, indigestion, and skin issues. Lavender flowers were used in sachets to scent clothing, protect from pests, and bring emotional calm to the heart space. Also burned to purify sacred spaces.

Herbal Actions

Nervine, Anxiolytic, Carminative, Antispasmodic, Antimicrobial, Anti-inflammatory, Vulnerary

Energetics & Tissue States

Temperature: Cooling

Moisture: Drying

Tissue States: Tense, Excited, Hot, Damp

Active Compounds

- Linalool and linalyl acetate – Calming, antimicrobial, muscle-relaxing
- Tannins – Astringent, skin healing
- Flavonoids – Antioxidant
- Coumarins – Soothing and anti-inflammatory

Dosage & Preparation

- Tea: ½–1 tsp dried flowers per cup, steep 10 mins
- Tincture: 1–2 ml up to 3x daily

- Essential oil: Diffuse or dilute for topical use (never ingest without guidance)
- Bath: Add 1–2 handfuls of dried flowers or a few drops of essential oil

Safety & Contraindications

- Generally safe when used appropriately
- Essential oil may cause irritation if applied undiluted
- In rare cases, Lavender may lower testosterone—avoid excessive internal use in young children
- Avoid large internal doses during pregnancy unless practitioner-guided

Herbal Pairings

- Chamomile – for sleep and digestive support
- Skullcap – for calming tension and anxiety
- Lemon Balm – to uplift and soothe the nervous system
- Calendula – for skin health and emotional flow
- Passionflower – to support deeper rest

Peridotflow Perspective

Lavender offers the nervous system a deep breath—it holds a gentle but profound capacity to restore calm, ease, and inner quiet. At Peridotflow, we honour Lavender as a true heart herb, guiding us gently into the present moment. It reminds us that healing can be soft, fragrant, and full of grace.