

Discover the Power of Lavender

Lavender, *Lavandula angustifolia*, is a shrub that is native to the Mediterranean. You may know it for its popularity in soaps, essential oils, perfumes, cosmetics, and more! But did you know that lavender can promote health benefits in our daily lives too?

THE GOAL

Research has shown that women are disproportionately affected by stress-related health conditions, with studies indicating that they are twice as likely as men to experience anxiety disorders. Lavender, with its proven ability to reduce stress and promote relaxation, can be a valuable tool in addressing these disparities in mental health and well-being.

CHANGE YOUR LIFESTYLE

Lavender can positively change your lifestyle. With less pain and less stress, you are able to do things and live life the way that you want to. Lavender is a great alternative to over-the-counter medications. It is a natural way to help your body feel better.



More Information!



Have more questions?

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Lavender: more than just a pretty flower

Health benefits from
lavender that could improve
your well-being



Women
should have
more options
for pain and
stress relief

Lavender can
do both!



1. RELIEVES MENSTRUAL DISCOMFORT

Lavender is used to help soothe menstrual cramps and muscle tension. A few drops of lavender essential oils massaged into the abdomen can provide relief.

2. AIDS IN MIGRAINE AND HEADACHE RELIEF

Lavender is used to relieve migraines and headaches due to its anti-inflammatory properties. This can be done by rubbing a few drops of essential oil into the temples, or adding a couple of drops into your favorite diffuser and inhaling.

3. REDUCES STRESS AND ANXIETY

Lavender is used to help with lowering stress and anxiety. Diffusing lavender, or smelling fresh lavender, can promote calmness in the nervous system.



4. DECREASE INSOMNIA SYMPTOMS

Today, research suggests that breathing in lavender's aroma could improve sleep quality. Diffusing lavender on your nightstand while you sleep could help with relaxing your body and allow for you to sleep at night.



PAIN AND STRESS IS SOMETHING ALL WOMEN EXPERIENCE

So why aren't we
trying to find
different ways to
relieve it?

Get informed
#UseLavender today:
www.uselavender.com

Audience: The intended audience for this project was women who are interested in alternatives to Western medicine for pain management and anxiety relief. This audience often includes older women who may deal with chronic discomfort due to age-related conditions. Many people in this demographic also seek holistic approaches to health care due to limited effectiveness of current treatments. Lavender can both be topical and aromatherapeutic, depending on the needs of the person. Rubbing lavender oil into the skin can help with joint pain or migraines, and smelling lavender can promote calming effects.

Purpose: The purpose for this project is to inform people about other ways that pain can be managed. It expands treatment options for people who may have side effects with normal medications. Natural remedies like lavender offer a more gentle approach that can easily be incorporated into daily routines. It also aims to promote a deeper understanding of how natural alternatives can be used for chronic pain and anxiety, which is often hard to control with normal medications.

Bibliography:

All images used in this pamphlet were supplied by Canva.

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