Herb of the Week: LAVENDER

Health Benefits

DECREASES STRESS & ANXIETY
contains antioxidants that lower stress hormones. You can apply it topically or drink as tea for these benefits.

HAIR HEALTH
boosts health of follicle bed and hair when flowers are steeped and used as shampoo.

SKIN HEALTH
lavender infused water provides relief to dry and irritated skin, including conditions like psoriasis, eczema, and acne.

Kitchen Tips

DRINK IT AS A TEA
ADD TO HONEY & SAUCES
MAKE INTO SALAD DRESSINGS
ADD TO BEVERAGES

read more about these tips https://www.organicfacts.net/health-benefits/herbs-and-spices/lavender.html