

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.

