

TIP OF THE MONTH - JULY

Lavender – the Best Remedy for Burns

I burn myself on average once a week – mostly when I'm using the oven. Why? According to Louise Hay it has to do with *“burning up, being incensed”*. I think it's also due to my clumsiness and trying to do too many things at once.

Anyway, my bottle of organic Lavender essential oil (*Lavandula Angustifolia*) is never far away. As soon as I get another nasty, red burn I splash some neat oil directly onto the skin. After using ice cold water to draw out the heat, of course.

I then allow it to dry and re-apply some more oil if necessary.

(If your burn is very nasty, or doesn't heal properly, please see a doctor.)

Lavender is truly wonderful! I poured hot water from the kettle on my hand the other day (I was aiming for the mug) and I immediately reached for a bottle with this amazing oil. The next day there was only a small, red mark on my little finger, which I had neglected to treat with Lavender.

The reason why Lavender is so beneficial for burns is because of the antiseptic, analgesic and cytophylactic properties, which will “ease the pain of a burn, prevent infection and promote rapid healing.”

And as always when you're using pure essential oils at home, keep them well away from children, pets, eyes and open skin. If you accidentally get some oil into your eye, rinse with plenty of cold water and seek medical advice.

I would also like to point out that using essential oils on skin that will be exposed to the sun is not a good idea. I never forget the story about the woman who put neat Bergamot oil – which is phototoxic – all over her body and then went to lie in the sunbed. She thought that the oil would help her to tan more quickly. Her burns were very, very bad indeed.

Enjoy the sunshine!

Helena x

This is a new feature on my website, www.willowtherapy.com. Feel free to share the information, but please credit me if you do. Thank you ☺

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