

Herb of the Month: Lavender

Lavandula angustifolia is one of the top 10 most famous herbs on the planet. Lavender has been used for centuries in every form imaginable and has a reputation for calming nerves, healing wounds and binging peace! First, start out by making Andrew's **Angelic Calm Tea**. This gentle stress reliever will bring you to another worldly place. OR prepare lavender tea using 1 tablespoon of dried lavender buds for each cup of boiling water. Add to a tea ball or infuser and steep for 15 minutes. Strain if necessary. Sweeten with our lavender sugar (see recipe below). You can find Andrew's **Angelic Calm Tea** here: http://www.peacefulmind.com/angels.htm



Awesome Blossom Lavender Cupcakes

Discover how lavender, a member of the mint family, adds a sweet floral flavor to your favorite cakes and shortcakes.

1 1/2 cups sifted cake flour
1 heaping tablespoon of dried lavender buds
1 1/2 teaspoon baking powder
1/4 teaspoon salt (or just a pinch)
1/2 cup unsalted butter, softened (or butter substitute)
1 cup sugar (or try our lavender sugar - see below)
2 large eggs
1/2 teaspoon vanilla extract
1/2 cup whole milk (or 2 % milk)

Directions

1. Heat the oven to 400 degrees F. Sift the cake flour, baking powder, and salt into a large mixing bowl. Beat in the butter one heaping 1/4 teaspoonful at a time, using an electric mixer set on low speed, until the mixture resembles coarse sand.

2. Beat in the sugar a tablespoon at a time, until the mixture resembles fine damp sand. Beat in the eggs one at a time. Add the vanilla and milk beat on medium-high, just until blended. Do not over beat. Fold in lavender buds.

3. Divide the batter among one lined 12-cup OR two lined 24-cup mini-muffin pans. Bake about 10 minutes. Cool and ice with our Fluffy Lavender Frosting.
Top with dried lavender buds!

Fluffy Lavender Frosting

1/4 cup unsalted butter, melted
1/4 cup unsalted butter, cold
1 3/4 cup sifted confectioners' sugar (3/4 cup confectioners' and 1 cup lavender sugar)
pinch of salt
2 tablespoon whole milk (or 2 % milk)
10 drops lavender essential oil
Zest of 1 lemon

Directions

1. Beat the 1/4 cup melted butter and the confectioners' sugar, salt, milk, lemon juice, and zest in a medium bowl using an electric mixer at medium-high.

2. Beat in the additional 1/4 cup cold butter (in small pieces). Add essential oil or 1 drop lavender food coloring, if desired.



Lavender Infused Sugar

Start by adding dried lavender to a muslin bag and tie it closed. Bury the bag in a jar of sugar or sugar substitute. Tightly cap the jar and in 30 days, remove the bag and you will have a fragrant lavender infused-sugar. This can also then be given as a gift. Add it to a clear jar and add a sprig of lavender on the top. Use a jar that has a good seal. Add a little scoop or spoon and create your own special label for the outside of the jar.



Lavender Fields Bath Salts

Andrew's bath salts are infused with our very own Angel's Mist Lavender Essential Oil and dried lavender buds. Scoop this soothing salt into your bath and steep in this stress-relieving goodness. Try Andrew's lavender floral water and herbal bath teas, too.

Try adding to 4 ounces of sea salt or Himalayan Salt, 30 drops of lavender essential oil and a pinch of dried lavender buds. Add a sprig of lavender and use a seashell for a scoop. Seal in an air tight container. Add a scoop or two to your hot running bath water and then sit back and relax in the waters for 20 minutes.



Lavela WS 1265

This brand new product has been clinically shown to reduce occasional anxiety. 1 - 80mg softgel of this clinically studied lavender oil helps been shown to calm tension and stress. Lavela WS 1265 offers relief without the side effects commonly seen in other options. Taken just once a day, this gentle, yet powerful, essential oil is non-habit forming and well-tolerated. You can find this product here: http://www.peacefulmind.com/supplements.htm

Lavender:

Botanical name: lavandula officinalis, *Lavandula angustifolia*
Use: stimulates new cell growth, lifts depression, calms nerves, fights infection, reduces inflammation, and eases congestion. Relieves pain and muscle spasm. Lowers blood pressure.
Perfume Note: Middle
Blends well with: Geranium, Bergamot, Lemon, Ylang Ylang, Rosewood
Source: flowers, stalks
Production method: steam distillation
Aromatherapy benefits: stimulates, relaxes, calms, soothes
Aroma type: sweet, floral, herbaceous
Warning: none noted

Here are 10 favorite uses for lavender:

(as posted in Andrew's free online Health Community: Alternative Answers)

1. Lavender Vanilla Sugar Scrub. This scrub is so easy to make and is quickly becoming my favorite scrub. The word that comes to mind when I use it is luxurious.

2. Lavender Linen/Room Spray. I keep a bottle of this by my bed to mist my sheets and pillows at night. It is so easy to make. Just fill a small glass spray bottle (I use ones that are 2 oz.) with distilled water and add your lavender essential oil. I use about 30 drops in my 2 oz. bottles, but you can start with less and adjust. **Tip: This same mixture can be sprayed on skin to relieve sunburn.

3. Homemade Deodorant. This recipe uses both lavender and tea tree essential oils.

4. Air Freshener. Fill a jar about 1/2 full of baking soda along with 10-15 drops of lavender essential oil. Using a hammer and nail, poke holes in the lid and place somewhere your air needs freshening. I keep mine in the bathroom and add dried lavender buds as well.

5. Mattress Cleaner. Add several drops of lavender essential oil to a cup of baking soda and sprinkle over mattress. Leave for an hour and then vacuum up.

6. Insect/Bug Bites and Bee Stings. Add 2-3 drops lavender essential oil to 1 TBSP carrier oil and apply to insect/bug bite to relieve itching.

7. Aromatherapy Dough. Add a few drops of lavender essential oil to your homemade playdough. This will not only make the playdough smell great, but can also provide the kids with a calming dose of aromatherapy making it a perfect activity before nap time!

8. Lavender Salve. This is perfect for dry patches of skin and dry hands. Or rub it on the soles of your feet at bedtime and cover with socks to moisturize and promote restful sleep.

9. Lavender Massage Oil. Add 10-15 drops of lavender essential oil to 4 oz. of carrier oil (such as almond oil) and enjoy a stress reducing massage. You can also add 3-5 drops of lavender essential oil to a hot bath after a stressful day.

10. Soothing Lavender Foot Scrub. This scrub is perfect for tired feet. It exfoliates, moisturizes, relaxes and calms.