

## Lavender

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Lavender is one of the most easily identifiable scents and along with its pleasant aroma, there are many health benefits. Because of its powerful antioxidant, antimicrobial, sedative, calming, and antidepressant properties, lavender products have been used cosmetically and therapeutically for centuries. Lavender oil products are great to reduce anxiety and emotional stress, improve brain function, improve sleep, reduce acne, slow aging, and relieve pain. Because of all its benefits, lavender is one of the most popular essential oils in the world.

The neurological aspect of lavender essential oil helps treat depression, boosts mood, prevents brain oxidative stress, and improve cognitive impairment. Researchers believe the lavender's effects are due to its antioxidant properties. Working as a anti-anxiety, anticonvulsant, and calming agent, lavender oil can induce relaxation and relieve tension. This makes the lavender product a natural remedy for migraine headaches. The relaxation quality also extends to sedative and calming properties, which ultimately helps improve sleep and treat insomnia. Lavender oil demonstrates sleep-inducing effects and usage reveals a reduction in sleep disturbance, improving quality and duration of sleep. Unlike most sedative drugs, lavender does not cause unwanted side effects and generally improves overall well-being. The antioxidant properties, in addition to its antimicrobial characteristic, also has surprising benefits for the skin. Using lavender oil topically can improve various skin conditions such as allergic reactions, acne, and age spots. The anti-inflammatory and antioxidant properties ease skin conditions and reverse signs of aging. Several studies also have found that lavender oil can act as a natural painkiller. Simply rubbing lavender onto the area of concern can reduce inflammation and pain intensity, helping alleviate the symptoms of many health conditions.

Lavender oil is easily one of the most versatile health products, from simply smelling pleasant to providing a remedy for various concerns such as migraines and insomnia.