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Reasons Why Lavender Should Be Part of Your Skincare and Self-Care Routine

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It's been a long day, and now it's time for some much needed relaxation. Go ahead and whip out the lavender essential oils.

I know what you are you thinking: "Yes, lavender is good for relaxing. Tell me something I don't know."

But do you know why it's such an important part of a healthy self-care routine for mind, body and soul.

Interestingly, [Medical News Today](#) reports that certain aromas like lavender can aid in everything from relaxation to stress relief. Linalool is an alcohol found in lavender essential oils that does just this. That's why you feel so much better after getting out of a bubble bath and rubbing lavender essential oils (or lotion) all over yourself. It turns out that something as simple and natural as lavender has a calming effect on the brain.

Here are 5 more things that lavender does naturally.

Decreases Anxiety and Depression

Sometimes we deal with a lot of external pressure that can cause anxiety and maybe even depression. Self-care is one of the easiest ways to decrease stress and/or

anxiety. We have the ability to improve this: take some “me time” to unwind. It could be anything from gardening to cooking to dancing to taking a hot bath with a few drops of lavender oil.

Alleviates Headaches, Pain and Muscle Tension

Certain kinds of chronic body pains are also helped by the healing effects of lavender. Moisture-rich butters containing lavender essential oils can be rubbed on stressed muscles. Or, let it waft through a diffuser into the surrounding air to create an environment of calm as you relax with a good book or soak in a tub.

Combats Insomnia and Restlessness

Up all night!? One of the lavender flower’s most popular uses is to promote restful sleep. A reasonable amount of sleep is what gives you that gorgeous glow. Interrupted sleep can ruin the next day, causing more stress and can even impact physical health. Light a lavender candle as you wind down. Let the lavender relax your mind and body so you can shine when you wake up. (Don’t forget to blow it out before you go into a deep sleep though. Safety first.)

Acts As a Natural Antibiotic and Anti-Fungal

This [natural herb](#) is also used as an antibiotic and antifungal medication. It’s no wonder that the flower and oil of lavender plants can be found in cosmetics, perfumes and soaps.

Promotes Hair Growth

High-stress environments can also lead to hair loss. Lavender oil has even come in handy for hair growth. In combination with cedarwood, rosemary and thyme, lavender oil helped with hair growth by 44 percent over a seven-month time period. And while seven months may seem like a long time, melanin-rich women have always treated their hair as their crown. We can find so many ways to rock a hairstyle in the meantime in between time. Or, show off our natural, glorious scalps.

Whatever option you choose, it’s about time for some “me time” to focus on improving mental and physical well-being with natural, healthy products. The best way to love others is to love yourself first.

Take care, beautiful.