



Dragonfly's Nook

PLANTS ♦ CRAFTS ♦ GOOD VIBES
Grow a kinder, greener tomorrow ♥

LAVENDER

(*Lavandula angustifolia*)

Plant
Wellness
Create Joy
Live More
Naturally
♥

Calm ♥ Heal ♥ Uplift
A timeless herb for body, mind, and home.

Happy Plants
Happier
People
♥



Medicinal Benefits

- ♥ Calming and relaxing – may help reduce anxiety, stress, and restlessness
- ♥ Supports better sleep
- ♥ Helps ease mild headaches and tension
- ♥ Soothes minor skin irritations, bumps, and insect bites
- ♥ Natural anti-inflammatory and antimicrobial properties
- ♥ Supports respiratory health (especially in teas or steam inhalation)
- ♥ Traditionally used to uplift mood and promote a sense of well-being

Plant Information

- ☀ **Type:** Perennial herb
- ↑↓ **Height:** 1 – 3 feet
- ↔ **Spread:** 2 – 3 feet
- 🌸 **Bloom Time:** Late spring – summer (June – August)
- ❄ **Hardiness Zones:** 5 – 9
- 🌞 **Sunlight:** Full sun (at least 6 hours)
- 💧 **Soil:** Well-draining, slightly alkaline
- 💧 **Water:** Low to moderate (drought tolerant once established)

Easy to grow and perfect for pollinator gardens! ♥

Good for the Garden

- ♥ Attracts bees, butterflies, and beneficial pollinators
- ♥ Deer and rabbit resistant
- ♥ Drought tolerant
- ♥ Great for borders, rock gardens, containers, and cottage gardens
- ♥ Long-blooming and low maintenance
- ♥ Adds beauty, fragrance, and biodiversity to your space

Quick Facts

- ♥ **Edible:** Yes (use culinary varieties)
- ♥ **Fragrant:** Leaves and flowers
- ♥ **Lifespan:** 10+ years (with proper care)
- ♥ **Best Varieties:** English Lavender (*L. angustifolia*) for culinary and medicinal use
- ♥ **Toxic to Pets:** Generally non-toxic, but can cause mild stomach upset if eaten in large amounts

How to Use Lavender ♥

Different parts of the plant can be used in many wonderful ways!

Flowers

(best known and most used)



- ♥ Use fresh or dried
- ♥ Great for teas, sachets, potpourri, and crafts
- ♥ Add to bath soaks for relaxation
- ♥ Infuse into oils, salves, and lotions
- ♥ Culinary use – adds a floral flavor to baked goods, syrups, and teas

Leaves

(milder, still useful)



- ♥ Can be used in teas (blend with flowers for best flavor)
- ♥ Add to herbal blends and sachets
- ♥ Use in cooking (sparingly)
- ♥ Contain beneficial compounds, though less concentrated than the flowers

Stems

(often overlooked)



- ♥ Can be used to make herbal infusions
- ♥ Add to potpourri, sachets, or wreaths
- ♥ Distill for essential oil (commercially)
- ♥ Use in crafts like wands, smudge sticks, or dried arrangements

Essential Oil

(steam-distilled from flowers)



- ♥ Use for aromatherapy
- ♥ Add to diffusers, bath soaks, or massage oils (properly diluted)
- ♥ May help with stress, sleep, and tension
- ♥ Use in homemade skincare products
- ♥ Always dilute before topical use

Dried Plant

(flowers, leaves, and stems)



- ♥ Make sachets for drawers and closets
- ♥ Use in eye pillows and sleeping blends
- ♥ Add to potpourri
- ♥ Create wreaths, bundles, or DIY gifts
- ♥ Keeps its fragrance for months

Popular Ways to Enjoy Lavender ♥

"A calmer you grows a brighter tomorrow." ♥



Tea



Soaps & Skincare



Bath Soaks



Sachets



DIY Crafts



Culinary Treats

Good Plants
Good People
Brighter Days
♥

Dragonfly's Nook ♥ Plant Wellness. Happier Days. ♥