

## Lavender Oil

### What is it?

Lavender (*Lavendula angustifolia*) essential oil and flowers have been cultivated and popularly used in cosmetics and aromatherapy. A preparation of the essential oil has been found to be effective for anxiety and stress relief. It can also help promote relaxation and restful sleep.

### How do I take it?

The lavender oil, Lavela, carried in the UCSC Pharmacy is taken daily. It is not recommended that you take the essential oil orally if it is not in a capsule specified for this purpose. The non-encapsulated essential oil may be used topically. It is especially soothing when rubbed on the temples or neck for headaches or relaxation.

### Is it safe?

Taken orally, a very small percentage of patients may experience mild gastrointestinal side effects such as burping or nausea. If it makes you sleepy due to its relaxing effect, then take it at bedtime. Unlike some prescription treatments, it is not habit forming but can be as effective. If you feel your anxiety is still not well controlled please be seen by a health professional in the counseling or medical departments.

Quality is very important when choosing over the counter supplements or herbs. Please consult your provider or the Pharmacist if you have further medical problems or concerns. We are dedicated to your health and wellbeing!