

# Lavender Blend Supporting Skin Wellness

## Ingredients

### *Essential Oil:*

1 drop – Lavender Essential Oil (*Lavandula angustifolia*)

### *Base Oil:*

1 drop – Sesame oil (*Sesamum indicum*)

### *Instructions:*

Apply oil to bruised skin one to two times daily.

## Abstract

A 72 year old male has been taking various doses of Warfarin since he was hospitalized for blood clots in 1978. The cell wall lining of his skin has become paper thin where he is tearing and bruising his skin on a daily basis. He is also constantly scratching his skin due to the irritation. Since administering the lavender blend, the client's skin irritation reduces within five minutes of application and the skin's bruises disappear much faster than before.

## Case Description

Client (RS) is a 72 year old Caucasian male, who has very thin skin, bruises easily and has chronically irritated skin. He scratches his skin constantly to relieve the irritation. He would like an essential oil that reduces the duration of his bruises and skin irritation.

RS was hospitalized in 1978 for blood clots. Since then he has been taking various doses of Warfarin. He believes that due to the extensive use of Warfarin, his skin's cell walls have weakened. He experiences bruises from the slightest bumps

against objects and his skin tears easily.

RS is currently taking Warfarin 7.5mg, Amlodipine 10mg, Diovan 160mg, Pravastatin 40mg.

RS works out, golf and lifts weights at the gym, five to six times a week, eats three meals a day and drinks three to four 8oz glasses of water daily. RS drinks coffee throughout a day, has two to three glasses of wine each night, and smokes a pipe throughout the day.

RS is not interested in seeking a comprehensive alternative holistic health treatment plan. Ease of use is very important to him. Since his wife currently uses *Lavandula angustifolia*, he is willing to try the oil on his skin.

### **Literature Review**

Lavender *Lavandula angustifolia* essential oil is steam distilled from the flower and flower stalk of the plant. There are several hybrids of this plant. Their therapeutic attributes are also different.

Several authors have recommended *Lavandula angustifolia* for skin benefits. Cooksley (2002) stated lavender has medical properties of "analgesic, antirheumatic, antispasmodic, decongestant, anti-toxic, restorative, sedative, and nervine" (p.353-354) and Valnet (1990) reported supportive properties as "nervous system regulator, wounds, sores of all descriptions, burns, acne and acne rosacea." (p. 144-148)

### **Treatment Protocol/Methods**

RS placed one drop of lavender *Lavandula angustifolia* in one Tbsp. of sesame oil *Sesamum indicum* and applied the blend to all of his bruises especially his arms. He was instructed to apply the oil blend one to two times daily. He was also instructed to inform his doctor about the oil blend since he is taking several medications. It was recommended that RS

reduce and/or eliminate his coffee and smoking habit and to increase his water consumption.

### **Client Response**

Client stated that he notices a reduction in skin irritation within five minutes of applying the oil to his skin. He also noticed that his bruises are disappearing much faster. RC is pleased with his results and he plans on incorporating the essential oil's application into his wellness routine; however, he is not willing to change his coffee and smoking habit.

### **Evaluation**

The overall treatment was a success. The client's quality of life has diminished since his skin began tearing and he was bruising himself daily. He was also unwilling to invest his time in the reduction of his skin's irritation. Since the blend was easy to apply and the client enjoyed the scent and results, the client now has an additional product to improve his overall wellness.

### **References**

Cooksley, V. G., (2002). *Aromatherapy: Soothing Remedies, to restore, Rejuvenate, and Heal.* (pp. 353-354). New York, NY: Prentice Hall Press.

Valnet, J., & Tisserand R. (Eds.). (1990). *The Practice of Aromatherapy: A classic compendium of plant medicines & their healing properties.* (pp. 144-148). Rockester, VT: Healing Arts Press.