

Lavender is not the floral aroma with its beautiful purple that you see in gardens or flower shops! It has essential oil called “lavender oil” with holistic medicine for all the family members from parents to kids and grandparents. Many surprising uses of lavender oil you have to know about and start to look at this beautiful flower as a source of remarkable benefits with gentle and natural touch.

Today, more parents are turning to essential oils and natural remedies to support their children's health and try to avoid their bodies from chemicals and processed materials. And one of the most beneficial natural oils for children is Lavender oil.

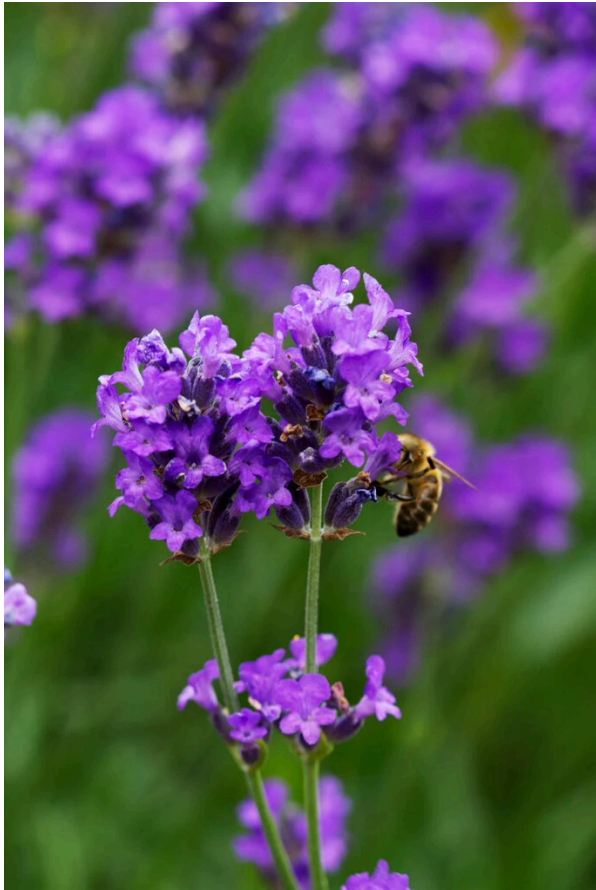
Lavender oil for children has been cherished for centuries for its calming fragrance and therapeutic properties, from improving sleep to soothing skin irritations with chemical-free solutions.

In this guide, we'll explore the science-backed benefits, safe usage, and practical ways to incorporate lavender oil into your child's routine without overuse or unnecessary risks, the health benefits of lavender, how to use lavender oil to fresh your home and how to integrate its benefits in your daily life.

## **Do you know what Lavender Oil is?**

From a botany perspective, Lavender oil is an essential oil extracted from the flowers of the ["Lavandula Angustifolia"](#) plant through steam distillation. Known for its sweet and floral aroma, it contains many active ingredients like "linalool and linalyl acetate", which contribute to its relaxing and anti-inflammatory effects, moreover, It is widely valued for its fragrance, cosmetics, aromatherapy, and traditional medicine.

It is one of the few essential oils considered safe for children when used correctly for sleep aid, and mild antiseptic properties, because of its mild nature.



## **Lavender oil for alopecia**

Alopecia is an auto-immune disease called “ Alopecia Areata”, attacks the body without known reason and affects any hairy spots in the body and especially scalp, causing aggressive hair loss for men and women with annoying appearance.

[Studies found](#) that lavender essential oil has a remarkable effect on the scalp by stimulating blood circulation that stimulates hair follicles to grow, this oil especially for this condition of hair loss and shows results when massage it daily to the scalp by mixing it with other carrier oils.

### **How to use lavender oil effectively on the scalp?**

You can use it as a scalp massage by add few drops of this oil diluted and mixing it with another carrier oils as coconut or jojoba oil, then massage the mixture on clean scalp for 10-15 minutes and repeat the process daily or even from 2-4 times per week, and watch the results after few months.

You can manage the dose by adding a few drops of it into your shampoo or conditioner, to use the oil daily by massaging the scalp or at washing time.

## Choose a better sleep and relaxation for your baby!

As a popular choice for bedtime routines, a 2020 study published in [Enfermería Clínica](#) found that massage with lavender oil reduces sleep disturbances in infants aged 6-12 months, improving sleep onset, maintenance, and transitions between sleep and wakefulness.

Don't miss the 5 benefits of lavender aromatherapy for children:

### 1. Reduces Anxiety and Stress:

It has an effectiveness in reducing anxiety in children and daytime fatigue, especially during stressful situations that face children during the day.

### 2. Eases Mild Pain and Discomfort:

No more discomfort with it, as it may help relieve minor aches, such as headaches, teething pain, earaches, and colic.

### 3. Reduces surgeries pain:

[Recent studies](#) show that when the kid inhales lavender the perception of pain can be reduced during minor procedures and inhalation before dressing changes lowered pain levels and improved vital signs.

### 4. Antibacterial and anti-inflammatory:

Diluting the oil can be beneficial for relieving common skin irritations in children, including diaper rash, eczema, insect bites, and minor burns. It also supports the skin's natural barrier and helps retain moisture, keeping your child's skin soft and healthy.

### 5. Eases congestion

It may also aid in relieving mild respiratory congestion when used properly, such as in a diffuser or diluted chest rub, making it a natural option for easing breathing difficulties in children.

Briefly, inhaling lavender essential oil has been supported by multiple clinical studies to reduce certain chronic pain conditions, complementary analgesic and provide Mood-Boosting effects that help your baby to have a deep relaxing sleeping and reflects on his growth.

## Common use for Lavender oil for children, check this remedies:

Children have sensitive skin and [lavender oil is considered a kid-safe essential oil](#) that has a gentle touch to his skin, but also needs to be applied under careful guidelines "Inhaled or Topical". Using a diffusion method in a well-ventilated room for short periods is considered safe for children over 3 months and can be helpful at their bedtime routine, by diffusing 2-3 drops in their bedroom 30 minutes before bedtime, but avoid using it with infants or kids who have asthma.

For cuts and wounds, mix 3 drops of lavender essential oil and [tea tree oil](#) with 2 tablespoons of witch hazel. Gently dab the solution onto the affected area using a cotton ball 2 to 3 times daily, but avoid applying it on broken skin. To relieve irritation and redness caused by diapers or eczema, mix 1 drop lavender oil and 1 drop chamomile with 2 tablespoons of warmed coconut oil and apply it on your kid's skin.

#### Safety precautions:

- Don't use undiluted oil directly on children's skin.
- Check skin sensitivity by conducting a patch test before topical use.
- Avoid use in children with asthma or on broken skin.
- Discontinue usage if irritation occurs.
- Use 100% pure lavender essential oil from trusted sources like [Amaly natural products](#).

For more remedies you can check this link:

<https://www.sonomalavender.com/blogs/news/kid-safe-lavender-essential-oil-uses-for-babies-and-kids>

## Say goodbye to bug bites

Imagine a few drops of oil can transfer your baby cries into comfort sleeping! That's why we mentioned it as a magic solution for your baby skin after bug bites, as it acts as a natural insect repellent and alleviates itching and discomfort after bites. It has regenerative and antimicrobial properties that help at healing scrapes and itch skin, [by mixing](#) 1 to 2 drops of lavender oil with 2 tablespoons of carrier oil like coconut oil and apply directly on the affected areas twice daily. [Studies show](#) that it inhibits the growth of various pathogenic bacteria on the skin, including both gram-positive and gram-negative strains such as *Escherichia coli*, *Staphylococcus aureus*, *Enterococcus faecalis*, and *Pseudomonas aeruginosa* by disrupting bacterial membranes and interfering with their communication, which soothes skin infections and outbreaks that are caused by insects.

NB: Topical use should always involve proper dilution to avoid skin irritation.



## Rock-a-bye, baby rock-a-bye, baby!

What it sounds like when you start with one chorus of a “Rock-a-bye, baby” song then you find your baby falling into deep sleep cozy and fair! That's definitely what will happen if you use lavender bath oil before your baby's bedtime.

[Studies](#) prove that babies given a bath with lavender oil cried less, spent more time in deep sleep after the bath, and showed reduced stress which was measured by cortisol levels compared to babies without lavender baths. Mothers in the lavender group were also more relaxed and engaged more positively with their babies during the bath, indicating lavender's calming effects on both infants and caregivers.

## How to DIY lavender oil remedies for better sleep for your baby?

Method	How to use
Bedtime spray	By mixing 10 drops of pure lavender oil with 1 cup distilled water and putting it in a spray bottle then spray lightly on bedding.
Soothing bath	By blending 2 drops of lavender oil with 1 tablespoon pure coconut oil from, then mix into warm bathwater.
Gentle massage	By mixing 1 drop lavender oil with 1 tablespoon jojoba oil, then rub all along the arms, legs, back, tummy, feet, and ears. The massage itself is relaxing, and the fragrance of the oils too.

Remember to always use a carrier oil like olive oil, almond oil, coconut oil, grapeseed oil, and jojoba oil when using essential oils on babies and children remedies, and you can find them all with 100% pure, here on Amaly natural products.

## No more tummy pain, baby!

Colic is the nightmare for parents and one of the most uncomfortable feelings for babies, endless crying all the day especially at night with non-stoppable tone! Thankfully, essential oils offer a gentle and natural way to ease digestive discomfort in children. Inhalation of low concentrations of this oil reduced the duration of night crying over a week compared to a control group. Simply, dilute a few drops in a tablespoon of carrier oil and massage the blend onto your child's tummy in a clockwise motion several times.

Moreover, other essential oils like ginger, fennel, wild orange, marjoram, or Roman chamomile are all great oils for easing stomach troubles, and you can easily buy them from the [Amaly store](#) for natural products.

## Lavender oil benefits in teething phase for kids

We can't underestimate the painful feeling of teething stage to our babies, they can't explain the pain of when a tooth is cutting through the gums, only with crying and discomfort sleep several nights. [The American Academy of Pediatrics](#) notes that teething may disrupt a baby's sleep, although some parents have observed that their baby tends to sleep more than usual during this phase. Fortunately, you can reduce this pain by diluted lavender oil with clove oil on the jawline with a light, gentle rub or massage with your finger or knuckle after washing it.

In a nutshell, Lavender essential oil for children is a must-have in every family's wellness toolkit. As it offers a natural, research-backed way to enhance children's sleep, mood, and skin health. By following proper dilution guidelines and application methods, parents can harness its benefits safely. Always prioritize quality (100% pure, therapeutic-grade oil) and consult a pediatrician if unsure.

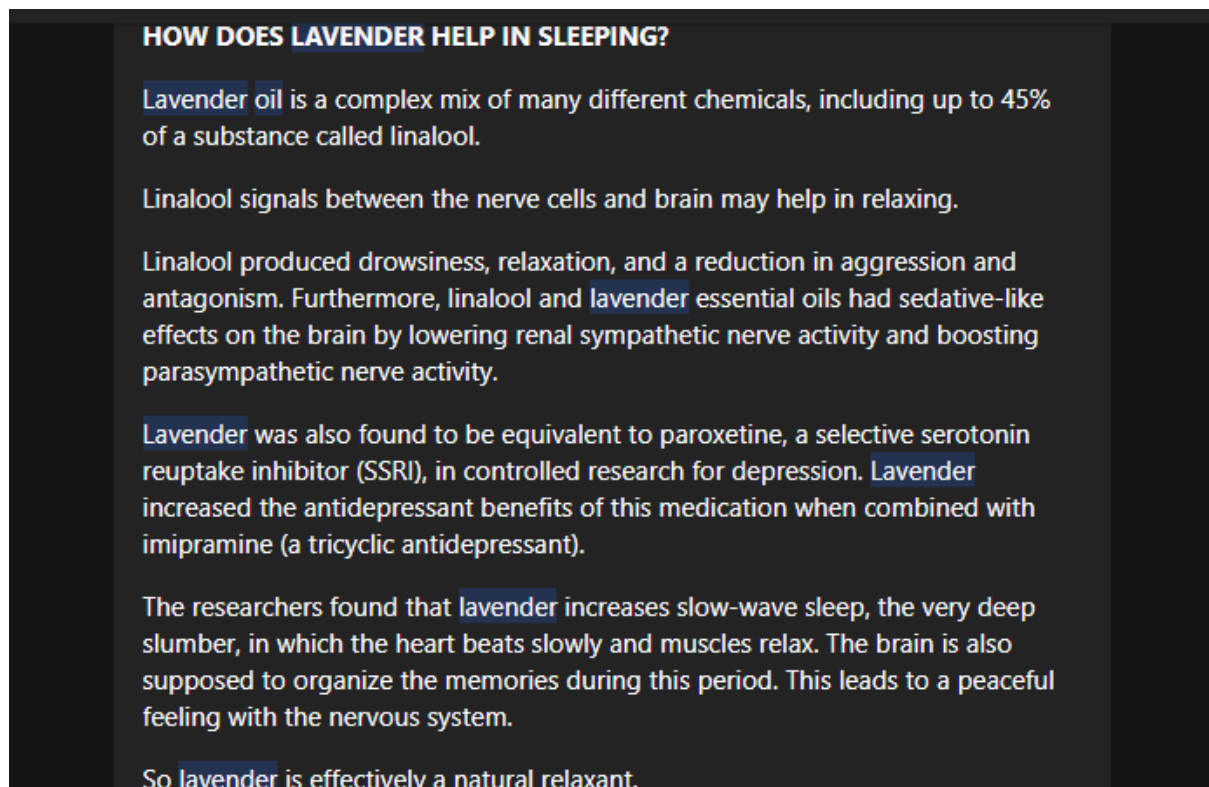
### Refresh your home with lavender oil

Make your home smell like a garden and breeze clean air everyday. By adding a few drops of lavender essential oil to half a cup of baking soda and water then mop the floor with this refreshing cleanser, or without adding water and spray the mixture to the carpets, your home will have a fascinating scent.

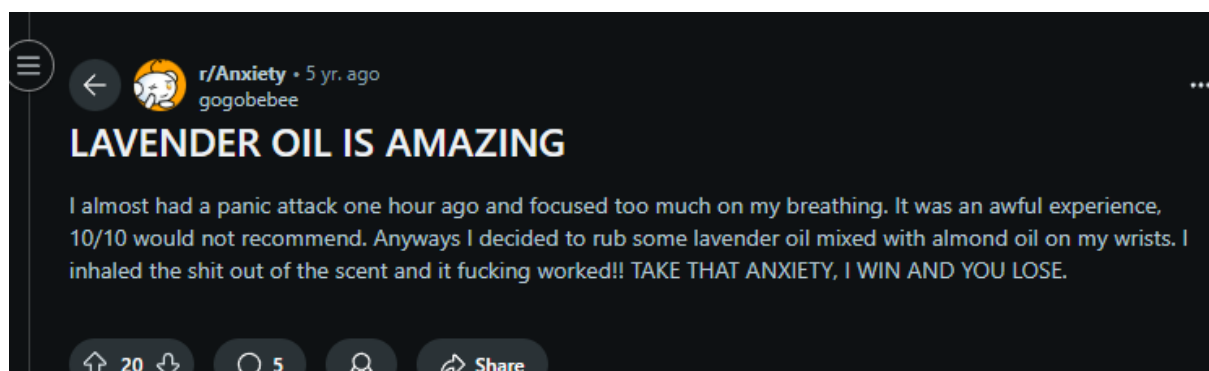
Lavender is derived from the word "Lavare" that means in Italy and Latin "to wash", so no wonder when we use its oil as a great disinfectant detergent for clothes in laundry or for cleaning surfaces. You can add 3-4 drops in your washing machine, will leave your clothes scented for days or even dilute the oil well and spray it in the cupboard and you will smell the fragrance at every piece in your closet.

You can also use it in your bathwater at shower time, you will feel relaxed and calming with a breezy scent, leaving your bathroom with fresh breezy lavender scent in the air.

## Reviews about lavender oil from users on the internet



This user showed her interest with lavender essential oil for relaxing and sleep, providing her answer with scientific proof and real numbers.



This user on reddit showed her real experience with lavender oil and how it treats her anxiety symptoms immediately.

## 3 Myths about lavender oil!

Myth: Lavender oil has a strong estrogenic effect!

Fact: No. It is controversial, no studies prove this 100%.

Myth: I can swallow lavender essential oil!

Fact: Never do that, don't use essential oil for ingestion.



Myth: Lavender oil is natural, I can use it without limit!

Fact: This oil has many components, not only oil drops, so you have to dilute it and adjust its dose, in many conditions you have to consult a pharmacist first.

## Frequently Asked Questions:

Q: Is lavender oil safe for babies?

A: Only after 6 months, heavily diluted (0.1%).

Q: Can lavender oil help with ADHD symptoms?

A: Some studies suggest it improves focus, but consult a doctor first.

Q: How often can I use lavender oil for my child?

A: 2 - 3 times weekly is generally safe, monitor for sensitivities.

Q: Can I use lavender oil with acne?

A: Yes, it has an anti-microbial anti-inflammatory effect, dilute it and use it with carrier oil as coconut oil and apply it topically or even in a shower bath for upper back and shoulder acne.

Q: Where can I get %100 pure lavender oil?

A: You can order it from the Amaly [store](#) directly.

Order now from the Amaly store and experience the natural breeze and peaceful nights!  
Discover the soothing power of 100% pure lavender essential oil, perfect for promoting restful sleep, hair loss condition, gentle skin care and more carefree experience.