

Beauty



1. Soothing spray

Spritzed onto your pillow, **Neom's Tranquillity Room Spray, £18**, has such a soothing impact, it can act as an alternative to modern medicine for mild insomnia.

2. Healing balm

Scientists from the University of Coimbra, Portugal found that lavender essential oil is lethal to nail infections. Before bed, slather on **L'Occitane Lavender Hand Cream, £14**, and massage into the nail bed.

3. Clarifying toner

Lavender oil inhibits the bacteria that causes initial acne infections and helps to regulate sebum that clogs pores. Massage 3-4 drops of **Uma Deeply Clarifying Face Oil, £98**, into the face twice daily.

4. Hair degreaser

Known for purifying the scalp, lavender removes dandruff, excess sebum and even limestone residue in hard water areas. For this reason, Parisian hair guru Christophe Robin made it a key ingredient in the **Purifying Hair Finish Lotion with Sage Vinegar, £36** – a treatment for greasy roots.

5. Soothing scent

Penhaligon's **No.33, £67**, is the perfect marriage of depth and sweetness. You're also likely to be viewed as more trustworthy as lavender encourages us to be less wary in each other's company.

6. Relaxing soak

The remedial benefits of **Origins Calm to Your Senses Lavender and Vanilla Oil for Bath and Body, £24**, are two-fold: lavender treats aching muscles, while the universally soothing scent helps to prevent that tension in the first place.

7. Insect repellent

Lavender's scent is a potent deterrent for insects such as mosquitoes and moths. Burn **Jo Malone Lavender & Lovage Home Candle, £42**, when the patio doors are open to keep bugs at bay.

8. Relieving toner

Traditionally used as a facial toner, the herb is a favourite for its antiseptic and anti-inflammatory properties. Use **Melvita Lavender Officialis Floral Water, £15**, after cleansing or spray onto skin after sun exposure for instant relief.

*BY THE LEIDEN UNIVERSITY IN THE NETHERLANDS. PHOTOGRAPHY: TRUNKARCHIVE.COM, PIVELEYS, STOCKISTS: PENHALIGON'S (PENHALIGONS.COM), L'OCCITANE (UK.LOCCITANE.COM), JO MALONE (JOMALONE.CO.UK), CHRISTOPHE ROBIN (LOOKFANTASTIC.COM), UMA (CULTBEAUTY.CO.UK), NEOM (NEOMORGANICS.COM), MELVITA (UK.MELVITA.COM), ORIGINS (ORIGINS.CO.UK)

