



# SPIKE LAVENDER

Pure Essential Oil  
soothing

Peel for important safety & use details

NET .5 FL OZ  
(15 mL)



## INGREDIENTS

*Lavandula latifolia*  
(spike lavender)  
oil.

## OUR PROMISE

- Single Botanical
- No Synthetics
- Tested for Authenticity
- Not Tested on Animals

L191289B1



Aura Cacia  
Spike Lavender  
is grown and  
distilled in its  
native Spain.

GROWN IN  
Spain

DISTRIBUTED BY FRONTIER CO-OP  
PO BOX 299, NORWAY, IA 52318 USA  
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**CAUTION:** IF PREGNANT, NURSING, SUFFERING FROM ANY MEDICAL CONDITION, OR TAKING MEDICATION, CONSULT A HEALTH CARE PRACTITIONER BEFORE USE. DILUTE PROPERLY. AVOID EYES AND MUCOUS MEMBRANES. IF IRRITATION OCCURS, DISCONTINUE USE. NOT FOR INTERNAL USE. KEEP OUT OF REACH OF CHILDREN. PRODUCT IS FLAMMABLE.

## USE FOR

Adding a soothing touch to body rubs and massages.

## GOES WELL WITH

Peppermint, lavender, pine

## AROMA NOTE

Leafy top note

## QUICK TIP

Add 6 drops per Tbsp of laundry soap for a fresh wash.

## SOOTHING BODY MASSAGE

24 drops spike lavender

24 drops lavender

1/2 cup coconut oil

Combine in a wide-mouth jar. Massage into targeted areas on body.

## DILUTION GUIDE

Drops per 1 oz (2 Tbsp) carrier

Face	6
Body	12
Home Care	18
Diffusion	Follow device instructions

Examples of carriers

- Skin care oil
- Unscented liquid soap or lotion
- Witch hazel extract

Find more recipes & tips at [auracacia.com](http://auracacia.com).