



Utama Spice Uncovers Benefits Of Using Lavender Essential Oil

July 18, 2019

July 18, 2019 - PRESSADVANTAGE -

In their most recent blog post, Ubud, Bali based Utama Spice shares the different health benefits of using lavender essential oil. With the rise in popularity and acceptance of using essential oils as a natural medicine to treat diverse ailments, the company has made a new effort towards guiding newcomers to the world of essential oils.

Ria Templer, a representative of the company, asserts, "As essential oils become more popular, and more people are drawn in, the first issue that arises is the lack of information and guidance in the subject. For someone who has never used it before, and does not know where to begin, it can be hard to get started fresh?and it can even be discouraging."

The company states that informing the public of the different benefits of essential oils is an important factor that encourages them to begin using the life-changing substances. Templer notes that this is an excellent means by which the industry can expand as well, saying, "Most people are drawn to essential oils by the premise of an effective, more affordable option to regular medicine. They do not know how it works, or what essence works best for what ailments, and it is our duty as experts and enthusiasts to guide them through the

process."

In their blog post, *How to Use Lavender Essential Oil: Uses and Benefits*, Utama Spice experts take on the duty of thoroughly explaining the benefits of lavender essential oils, based on the proven research of scientists from the National Institute of Health. The relevant research and findings can be accessed through the following link: <https://www.ncbi.nlm.nih.gov/pubmed/24373672>.

The company explains that lavender oil is one of the most popular essential oils available, as it can effectively be used to treat many different ailments and afflictions. Lavender is known for its calming and relaxing properties, as its aroma alone can sustain a peaceful ambiance and gently ease the concerns that inhabit a user's mind. However, these are only some of the most popular uses of lavender, and many do not know about its different healing properties.

The most effective method to use lavender essential oil, and bring out its full potential, is through aromatherapy. Aromatherapy is also one of the most convenient ways to be treated with essential oils, as it does not involve any topical applications and can be applied effectively throughout the day without much effort.

Templer points out that the kind of diffuser an individual uses will determine the effectiveness of the essential oil being utilised within it. She states, "While convenience is one of the biggest benefits of using essential oils, there is some research that needs to be done to bring out its full potential. Consulting an expert on the topic is the best way to ensure you're getting the most out of the treatment, which can actually improve a long list of afflictions."

Utama Spice says that diffusing lavender essential oil in the home of an individual who is suffering from a lot of stress can improve their mood and mental health, notably without resorting to the strong chemicals that are commonly present in regular medicine. The sense of relaxation that is induced by the lavender aroma is one of the best ways to relieve someone's stress, ease their pain, and it can even help fight insomnia. Other benefits include reducing the impact of headaches and migraines, fighting colds and flu, combating hayfever and allergies, and even improving brain function and boosting the immune system, protecting the user against a number of other diseases.

While these are all non-topical benefits of lavender, lavender oil can also act as an antiseptic, an anti-inflammatory, and a natural decongestant. Templer states, "There are many different ways in which lavender helps the body stay healthy and fight against different afflictions. Recent studies at the National Institute of Health have even shown a positive impact when using lavender to protect an individual against diabetes and oxidative stress, which makes you wonder just how many other applications this wonderful compound has which we haven't found yet."

For more information on essential oils, how to use them effectively, and their benefits, interested parties may visit Utama Spice's website, where the company promises to keep guiding newcomers into the world of aromatherapy. In light of the growth of essential oils' popularity, the company believes it is their mission to share their expertise with newcomers.

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Utama Spice

Utama Spice is a traditional skincare company based in Ubud, Bali. We focus on applying ancient Balinese herbal knowledge to create products that not only enhance your skin's natural beauty but also provokes your mind to consider the raw power of nature.

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