



Lavender Oil Used To Help With Insomnia And Stress

February 02, 2016

February 02, 2016 - PRESSADVANTAGE -

Essential Oil Labs, based in Los Angeles, CA, has announced that their lavender oil is being used by people who suffer from insomnia and those who experience stress. The company, which aims to help people with a variety of things from health to beauty to home cleaning, is very happy to hear that people are getting some help in relieving stress and insomnia. The company is also committed to using only natural, responsibly sourced ingredients for maximum benefits to both users and the planet.

Quinton Jeffries from Essential Oil Labs says: "We have created a number of essential oils now and always look forward to hearing from our customers about how they have benefited from them. Lavender oil in particular is known for its calming, soothing effects and to hear from people that they really feel better since using it is just wonderful."

The Essential Oil Labs lavender oil is designed to be multi-functional. It has been responsibly sourced from lavender grown in Bulgaria, and the company guarantees it includes no carrier oils, fillers or pesticides. The bottle contains 100% undiluted steam distilled *Lavandula angustifolia*, in other words.

The company recommends that people use the oil in their diffusers to help relieve the symptoms of anxiety, depression, stress and insomnia. The company reports that those who have tried it have been full of praise. "I

suffer from terrible headaches as a result of lack of sleep," says Mary T. "It becomes a bit of a vicious cycle, because I worry so much about not getting to sleep, which causes me to not fall asleep and so on. I have tried a number of different lavender oils but this one has to be the best by far. I put it in my diffuser, switched on a guided meditation and had the best sleep of what feels like my life. I can't thank Essential Oils Labs enough for this product."

As the oil is multi-functional, people can use it in different ways as well. Many of these usages are listed on the Essential Oil Labs Twitter page. They include various uses for the skin and hair, and also its use as a massage oil.

###

For more information about Essential Oil Labs, contact the company here: Essential Oil Labs Quinton Jeffries 888-380-8495 quinton@essentialoilabs.com 8605 Santa Monica Blvd #64784 Los Angeles, CA 90069-4109

Essential Oil Labs

Essential Oil Labs is a family run business based in Los Angeles, California. We believe in providing 100% natural products that come from sustainable environments. We believe in providing the highest quality essential oil and beauty products.

Website: <http://essentialoilabs.com>

Email: quinton@essentialoilabs.com

Phone: 888-380-8495

