



**Lavender: The Missing Guide to the Incredible Benefits of Lavender for Relaxation, Health, and Beauty (Medicinal Herbs and Essential Oils Series)
(Volume 1)**

Rose Graham

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Lavender: The Missing Guide to the Incredible Benefits of Lavender for Relaxation, Health, and Beauty (Medicinal Herbs and Essential Oils Series) (Volume 1)

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Learn about the astonishing qualities of Lavender, its numerous benefits, and the proper way of planting, growing, and harvesting it!

With its eye-catching visual appeal and aromatic scent, Lavender has been highly valued by gardeners and flower enthusiasts since ancient times. But this plant is more than just sweet, pretty, and soothing. It is one of the most beneficial and powerful herbs, providing both emotional and physical relief for various health problems while aiding in calm and relaxation. So, it is no surprise that Lavender is one of the most prized plants in the history of mankind. In this book, you will learn more about the remarkable qualities of Lavender, as well as its rich history and varieties. Interested in growing some Lavender in your garden? This book will provide you with basic instructions and tips on how to plant, grow, harvest, and store Lavender goods. In addition, you will discover the countless uses of Lavender and how it can be of help in your daily life.

In This Lavender Book You'll Learn About ...

- The History of Lavender
- Lavender Varieties: English Lavenders, Spanish Lavenders, French Lavenders and More
- How to Grow Lavender and How to Harvest It
- Storing and Preserving Lavender
- The Benefits and Uses of Lavender and Lavender Oil for Relaxation, Health, and Beauty
- Precautions and Side Effects

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