

LAVENDER ESSENCE 10 ml

EAN: 8435041044553 FABRICANTE: PLANTIS



Lavender food essential oil. Calming, relaxing, balancing. Lavandula angustifolia Mill flower essence.

DESCRIPTION

What is the recommended daily dose of Plantis Food Lavender Essential Oil?

Consumption recommendation: 2 to 3 drops, 3 times a day.

The essence must be diluted in a teaspoon of honey (or a sugar cube) which must in turn be dissolved in a glass of hot water or infusion.

Whether taken alone or combined, **it is not advisable to exceed 10 drops daily** .

