

## Lavender in Aromatherapy: From Past to Present

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Lavender has been used for ages in many different ways. The Greek, Romans and Persians burnt its branches and blossoms for its intense pleasant odor. This odor derives from the plant's essential oil which itself is used in aromatherapy. Lavender is probably the scientifically best documented essential oil and plays an important role in aromatherapy history. Depending on the plant used for oil production (eg. *Lavandula angustifolia*, *L. latifolia*, and *L. stoechas*) the odor can vary according to its chemical constituents. The main components of lavender oil are linalool and linalylacetate.

Aromatherapy is part of phytotherapy and serves as a complementary therapy. Its purpose is to prevent, alleviate and cure illnesses using essential oils either topically, as inhalation or orally. This lecture will give insight into the biological activities of lavender essential oil in terms of its use in aromatherapy discussing scientific investigations.

#### References:

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