

# Lavender

1. Noun
2. Noun
3. Noun

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My \_\_\_\_\_ Noun has been changed since I discovered essential \_\_\_\_\_ Noun, specifically lavender essential oil-okay, just a little bit of hyperbole, but not much. I had never heard of essential oils before I was introduced to them by my friend, Kayla Howard. One of my very first \_\_\_\_\_ Noun with the power of lavender essential oil is one of my very favorites.

One evening my 10 year old daughter decided she wanted to make brownies. She asked her big sister (who is 18) to help. The mixing of the brownie mix and additional ingredients was successful, the batter was poured into a pan and placed in the oven. This part is where the story takes a turn for the unfortunate. When they put the brownies in the oven, big sister got out one oven mitt (because she only needs one hand!). As the brownies were baking, big sister got wrapped up in her own goings on: homework, texting, TV, whatever. When the timer went off, little sister went to check the brownies and take them from the oven. Big sister hollered to her to use two hands (sound advice) but with only one mitt on the counter, little sister used one covered and one bare hand to remove the pan.

You can probably guess what happened next.

Little sister had one bare hand on the pan and her Dad and I came running when the screaming crying started.

She ended up with a good sized second degree burn on one hand. I'm freaking out. She's freaking out. Big sister is

freaking out once she pulled herself away from her phone. So we're running cold water over her hand, but I know I need to do something more. I hop on Facebook and send a distress signal to both of my essential oil gurus, Kayla Howard and Mary Clendenin, for help with the burn.

They both recommend lavender essential oil and I start applying it to the hand. It takes a while for everything to calm down, but eventually little sister stops crying and I give her some ice cream and soon everyone wants some and it turns into kind of an ice cream party. It's about 10pm by this time and I put more lavender essential oil on and send little sister to bed, she can't sleep but I have her just lie down in the dark and rest.

Meanwhile all this time, Kayla and Mary are willing to take time out of their evenings with family to chat with me and let me freak out and help me laugh a little and just feel like someone is taking care of me a little bit too. Eventually little sister fell asleep and she slept most of the night (though I did tell her she could get up and watch TV in the middle of the night if she wanted to.)

I put the lavender essential oil on her burns for a couple more days and then life gets crazy again and I stop paying attention and I kind of forgot about the burn until a few days later when something reminds me and I ask her to show me her hand. She does and all the blisters are gone and there is no scarring and just a little new pink skin is the only way you can even tell there even was a burn. Happy ending to not very fun story.

If

you've never used essential oils, especially lavender essential oil, which is so good for almost everything, you really should check it out.

P.S. Little sister doesn't like brownies anymore and hasn't eaten one since.