

A BRAND NEW ATTITUDE
woman&home

Monday's buy

Stressed? Try A Splash of Lavender!

Celia Lindsell's Lavender Oil

Who doesn't love the smell of lavender - once thought of a bit granny-ish, we now realise that it can sort out the angst and stress linked with modern living.

Celia Lindsell's beautiful lavender oil from the south of France looks every inch the hip remedy it truly is. Want some easy moves?

- *Use it in the bath, in massage oil and more to calm and soothe you.
- *Add it to the rinsing water for your hair to keep it glossy and sweet smelling
- *Keep some in the wardrobe - we add it to little home made sachets - to keep the moths away.
- *Use it on cuts and grazes or bites for its brilliant antibacterial qualities.
- *Add a little to some warm water to wipe over kitchen surfaces.
- *Dab it onto spots to take them down in double quick time.
- *Sprinkle a little on your pillow for a great night's sleep.

£12.50 for a 50ml bottle.

thetravellingsouk.com

Web link: <http://www.womanandhome.com/articles/dietandwellbeing/buyoftheday/396794/monday-s-buy.html>

