

1. Record Nr.	UNINA9910702841103321
Autore	Waring Philippa
Titolo	Lavender : nature's way to relaxation and health / / Philippa Waring
Pubbl/distr/stampa	London : , : Souvenir Press, , 2011 ©2010
ISBN	0-285-63927-7 0-285-63929-3
Edizione	[Updated March 2008.]
Descrizione fisica	1 online resource (135 p.)
Collana	Herbs at a glance
Disciplina	615.3/2396
Soggetti	Lavenders Lavenders - Therapeutic use
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	pt. 1. The story of lavender -- pt. 2. Using lavender -- pt. 3. Further reading and suppliers.
Sommario/riassunto	Lavender is one of the most versatile and beneficial plants known to herbalists. This informative and practical book describes the plant's manifold uses--medicinal, cosmetic, therapeutic, cleansing and culinary--and outlines its extensive history and folklore. The many varieties of lavender are described, with advice on how to grow it. Philippa Waring provides detailed instructions on harvesting and processing lavender to extract the essential oil, as well as advice on how to store and use the oil. With its wealth of illustrations and comprehensive resource section, this is an essential for any health section.