

Chingana

Chingana Covid 19 Mask
Soft material, washable, colorfast

Buy a Chingana mask for \$15 and receive a spray vial Serenity Mask Fresh for free!

Buy a glass vial of Lavender Serenity Mask Fresh for \$5 and get a second one free!

Lavender is mostly known for its nervine properties. It is incredibly relaxing to the nervous system. Just the aroma itself can help reduce stress and anxiety in most people.

In a study published by the journal Phytomedicine, lavender oil was shown to be just as effective as the pharmaceutical drug lorazepam (xanax) and showed no side effects.

Other studies confirmed it can help with restlessness, nervousness, depression and insomnia. Lavender aids in anti cancer and perilymph inner ear healing properties.



Lavender Tincture	
Quantity: 1.8 servings per container	
Serving size (30mL)	
Amount Per Serving	
Calories	10
<small>% Daily Value*</small>	
Total Fat 40%	80%
Saturated Fat 10%	20%
Total Cholesterol 10%	20%
Total Sodium 10%	20%
Total Carbohydrate 10%	20%
Dietary Fiber 10%	20%
Total Sugars 10%	20%
*Percent Daily Values are based on a diet of other people's secrets.	

Bioavailable

Chingana.com

LAVENDER
Tincture

From: (http://www.healthyhormones.com/2011/05/01/...)

...the most quality of lavender, which can be used in many ways and situations, also help the heart to relax and reduce blood pressure and lower the heart rate. (2) The use of lavender oil after cardiovascular problems, thereby lowering the risk of stroke and heart attack.

The lavender-based in lavender has a wide range of effects on the body. It can prevent the development of harmful bacteria and the accumulation of gas in the gut, as per herbal medicine expert and practitioner, Michael Phillips. (2) The oil will also stimulate digestion, reduce bloating, and relieve cramping. Choosing an lavender oil that is pure and effective is key.