

Lavender

- Member of the mint family
- Native to bordering countries in the Mediterranean, the Middle East, North Africa, Cape Verde and the Canary Islands
- Used for centuries to clean and promote healing of wounds/ burns
- “Both the rosemary and lavender stimulations decreased cortisol levels. A decrease in cortisol protects the body from oxidative stress, leading researchers to believe lavender has a positive effect in that regard (Atsumi & Tonosaki 2007)”

Magnolia

- Magnolia (Michelia alba), plant family Magnoliaceae
- deciduous or evergreen
- “The majority of magnolia species are native to Asia, with some also found in Central and South America and the West Indies.” ([theplantnative](#))
- “Magnolia oil can also stimulate the release of dopamine and pleasure hormone. So, using this oil may reduce depression.” ([naturallydaily](#))
- “Magnolia essential oil contains a calming agent. These components can help reduce inflammation and tension in the muscle.” ([naturallydaily](#))

Lilac

- Lilac (Syringa) apart of the Oleaceae family
- Survive in the colder temperate regions, they do not do well in humidity and heat
- Native to the Middle East and Eastern Europe, specifically Balkan region
- “Lilac is one of the most popular oils in aromatherapy. Lilac fragrance oil consists of lilac linalool, an alcohol that is known for its powerful powers of reducing stress and increasing feelings of happiness. Few inhalations of lilac can help to induce calm and feelings of peace. Linalool also signals the nervous system to produce lower levels of cortisol – the stress hormone that can make you feel depressed and worn out.” ([healthbenefitstimes](#))

Honeysuckle

- Honeysuckle (Lonicera) member of the Caprifoliaceae family
- Native to Central Asia and Southern Russia, L. japonica, native of China, Japan and Korea
- White admiral (butterfly), birds, pollinating moths, and Dormice are just a few species that rely on honeysuckle for food, and shelter
- “Honeysuckles are sometimes an ingredient in natural gargles and mouthwashes due to their astringent and antibacterial properties.” ([draxe](#))