

# **Lavender Craft**

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for Daisy Gifts Ltd

[www.daisyshop.co.uk](http://www.daisyshop.co.uk)

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# Introduction

The properties of lavender are many, and being a natural product, its popularity is growing year on year. Lavender is antibacterial, antifungal, an insect repellent, relaxing, and on top of all that, smells fantastic too! Various lavender crafts have grown up over the years, and in this book I share just a few I have come across. My list of project is ever growing so view some more on my blog [driedflowercraft.co.uk](http://driedflowercraft.co.uk).

## Properties of Lavender

Lavender has been used in herbal medicines for centuries, and medical trials are now showing that many claims are based in fact. At the First International Lavender Conference in 2009, there were various descriptions of research into the use of *Lavandula Angustifolia* in the treatment of ulcers; as a broad-spectrum antibiotic; antiparasitic; antifungal, and in the treatment of anxiety.

At home, lavender is most commonly found in the form of lavender essential oil or lavender bags. The oil may be dabbed onto insect stings or a few drops added to a bath for its relaxing effect. Dried lavender contained in bags can have various purposes and will retain its freshness for months at a time. A lavender bag may be intended to aid sleep and relaxation, repel insects, or freshen linen, drawers and cupboards. Being small, decorative and useful, they are increasingly used as wedding favours too.



## History of Lavender

*Lavandula Angustifolia* originates from the South of France, where it grows wild. It has been cultivated nearby for centuries, and the region of Provence is the centre of Europe for large-scale lavender growing.

The French distinguish between the two most popular varieties of lavender by giving them different common names. The popular highly fragrant and most commonly grown *Lavandula X Intermedia* is referred to as “Lavandin”, whereas the more expensive *Lavandula Angustifolia* (also known as English lavender) is known in France as “Lavande”. The *Angustifolia* varieties have a soft relaxing fragrance suitable for perfumery and aromatherapy, and are the most common source of lavender essential oil. The *Intermedia* varieties have a more powerful fragrance – these are the best to use at home for making lavender bags and as moth repellents.

If you have lavender bushes in your own garden, then a small and compact shrub is likely to be a variety of *Angustifolia*, whereas a large bushy plant with stems more than a foot long are likely to be *Intermedia*. Plants with a feathered flower head are probably *Stoechas* (aka French lavender), although other tender species, such as *Dentata* do exist, and these are nowadays used as a garden plant only.

Lavender has been grown in UK gardens for centuries, and although it was probably brought over by the Romans for its medicinal properties, it is not thought to have been readily available here until around the 1500's. There was a thriving lavender-growing industry here from Victorian times right up to the First World War, when it dwindled due to a combination of plant disease and lack of manpower. The centre of the industry was London (where it was sold by street-sellers to fragrance linen), and as the city expanded with the industrial revolution, the growers were forced to move out into the home counties. Hitchin in Hertfordshire and Carshalton in Surrey are two such areas that are still associated with lavender, and still support small-scale growers (see image of postcard dated 1906). When other growers were having hard times and dwindling, the growers in Norfolk battled on, benefiting from the dry conditions there, and Norfolk Lavender was for some time the primary lavender business in the UK. These days, with consumers once again interested in the properties of lavender, combined with the need for farming diversification, small growers are popping up all over the country.



# How to dry your own lavender

## Choosing lavender for drying

Many gardens have at least one lavender bush, so why not dry your own flowers? They will then last months indoors rather than a few weeks outside, and lavender has so many uses.

### Observing the growing lavender flowers

To get the best coloured dried lavender bunches it will help to understand a bit about the growing plants. As you can see in the photo below, there are many small florets on each flower head, and these are joined to the stem by the calyx, which is the tube-like structure. When you dry lavender, the individual florets fall away, leaving the calyx as the only coloured piece of the plant remaining. So although the florets may be purple, the calyx may be lavender, grey or green – so the dried flower will be this colour at best (the colour and fragrance may deteriorate slightly on drying). So it makes sense – if you have a choice – to go for plants with the most strongly purple coloured calyx, and the strongest scent.

### Different types of lavender flower

The two main groups (ignoring tender and tufted varieties) of lavender are *Lavandula Angustifolia* and *Lavandula Intermedia*. For a good dark purple-blue bunch, choose *Angustifolia* varieties as the calyxes tend to have a good purple all the way down the flower – a good example is a variety called Imperial Gem. The plants themselves tend to be smallish, giving stems of 20-30cm.

*Intermedia* varieties usually give greyer but bigger plants, with longer stems 30-50cm. These plants can be very useful in the garden for providing a big impact, and what the dried flowers lack in colour is made up by size, and a strong lavender fragrance even when dried.

### On drying

If you choose material for drying carefully, you can end up with a *Lavandula Intermedia* which is a good lavender blue and a strong fragrance when dried, and the *Lavandula Angustifolia* can be a strong indigo blue with a soft fragrance.

Incidentally, I am often asked about white dried lavender, but although the florets of this plant are white, the calyxes are grey-green, so will result in a grey-green dried flower unfortunately.



## Drying lavender at home

Cut your lavender stems just before they reach full flower and hang upside down in small bunches tied with an elastic band somewhere warm and dry such as an airing cupboard, garage or shed. Use small bunches (half a handful or less), because if the air flow is not constant around the stems, moulds may form and cause discolouration. An elastic band will shrink with the stems as they dry, and so continue to hold them firmly. They should be dry within 2 weeks and ready to use. If you want to make lavender bags, just rub the flowers off the stems before use - you may have to pick over the dried lavender to remove pieces of stem and leaf before use.



# Lavender bags

## Uses

### **Making lavender bags**

Fill an empty fabric bag or decorative paper envelope with a handful of dried lavender to freshen small spaces. They make unusual gifts and can be very personal if handmade.

### **Sleep aid**

Try keeping a relaxing lavender bag by your pillow for a good nights sleep. The action of lavender can be enhanced by the addition of dried hops to make a lavender and hop pillow. Soothing chamomile also combines well with lavender and has a pleasant, apple-like fragrance. For the best effect, use *Lavandula Angustifolia* as it has a soft and pleasant scent.

### **Drawer freshener**

Dried lavender will bring a linen-fresh scent to your clothes. Just leave a lavender bag in each drawer or the airing cupboard, and squeeze regularly to refresh the scent – this releases the natural essential oils from the buds. *Lavandula Intermedia* is the most fragrant lavender and is great for lavender bags.

### **Moth repellent in wardrobes**

Although lavender does not kill moths and won't cure an infestation, they don't like the smell and will avoid areas protected with lavender. Hang bags of *Lavandula Intermedia* in the wardrobe as it has a camphorous component not present in *Angustifolia*.

### **Wedding favour**

Lavender bags make lovely wedding favours. They are inexpensive and useful to take home and put in a drawer or by your bed. The bag can also be colour co-ordinated to the wedding theme.

## Making a no-sew lavender bag

This is the simplest lavender bag and only requires a square of fabric and some ribbon to tie. If you have some pinking shears this will provide a tidy edge without the need for hems. This is a very easy-to-make lavender bag which is often a popular make for Mothers Day.

Cut a 25cm (10") square in some scrap fabric (vintage and floral materials work well) using pinking shears for a neat edge. Put a handful (about 15g) of dried lavender flowers in the centre, gather the fabric together at the corners in your hand, and tie with ribbon. Simple!

The fabric I used in the photo was a sheer lavender colour organza – I love the way the lavender grains can be glimpsed through it. The ribbon I used came with glass beads already threaded on it for extra glamour.

### Tips

To hang in a wardrobe, tie on an extra loop of ribbon.

No other ingredients necessary – if you have good quality lavender, the fragrance will last for months – just give a sharp squeeze from time to time to release more fragrance.

Great for wedding favours – choose the fabric colour to match your theme.



## **Lavender in food**

Lavender is being rediscovered as a culinary herb, and is very popular in sweet dishes, with shortbread, icecream and tea in particular enjoying an increasing market-share. Tea has a dual purpose as it is not only a pleasant drink in its own right, but also has relaxing aromatherapy properties and is often used as a bedtime drink. I have taken this one step further by including a recipe for lavender hot chocolate. Despite the growing popularity of lavender icecream, I have not included a recipe here because it is so easy to enhance shop-bought vanilla icecream by stirring in a drop or two of lavender essence.

### **A simple recipe for shortbread using culinary dried lavender**

Shortbread is a staple lavender recipe, and works so well because the fresh lavender flavour cuts through the butteriness of the biscuit.



**Recipe** - Makes 16 small rounds

**Ingredients**

150g plain flour  
pinch of salt  
100g butter  
50g caster sugar  
2 tsp culinary dried lavender flowers

**Method**

Preheat oven to 160degC. Slightly crush 1tsp lavender flowers in a pestle and mortar to release the natural oils. Sift the flour and salt into a mixing bowl with the caster sugar, butter and crushed lavender, and rub in using fingertips to make a crumbly mixture which can then be kneaded together to make a dough. Roll out to 1cm thick and cut into individual rounds. Sprinkle with the remaining lavender flowers, pressing them down gently until they stick, then bake for 10-15 mins until the shortbread is just starting to brown. Leave for 10 mins before removing from baking tray, and sprinkle with caster sugar.

**Tips**

- Some people recommend leaving the lavender flowers for decoration until after the shortbread is baked.
- The amount of lavender flowers used is entirely personal, and lavender flavour can become overpowering very quickly so try it out, and exercise caution!
- Try substituting lavender flowers for a few drops of essence or try a little of both.

## Relax with a cup of lavender tea

Lavender tea is both refreshing and relaxing. Don't just save it for bedtime - enjoy it on a sunny Sunday afternoon in the garden!

This willow pattern china reminds me of afternoon tea in the garden with my elderly granny and aunt. We used to visit them about once a month when I was small. In the summer, we would sit on a wrought iron bench on the lawn under a weeping willow tree. All the willow pattern china would be brought out, with pots of tea and lots of cake. I was always made to eat a slice of bread and butter before I could start on the homemade cakes! The old ladies were very much against lavender, and would never have allowed anything but Proper Tea in their pots. They regarded lavender as old fashioned, so times do change!

### Making lavender tea

#### You will need

Teapot  
Strainer  
Cup and saucer  
Lavender flowers - fresh or dried  
Boiling water  
Somewhere relaxing to sit

If you have dried your own lavender from the garden, make some lavender tea by infusing 1 level tablespoon dried lavender flowers per cup in boiling water for 5 mins (if you are able to use fresh lavender flowers then use 2 tablespoons of these), strain and sweeten if needed. It always seems more of a treat to sweeten something like this with honey - it makes me think of all those bees visiting the flowers.

#### Choosing lavender for use in tea

*Lavandula Angustifolia* is the best variety for food use, as it has a soft and gentle fragrance and less of the camphor elements which are so good at keeping the moths at bay. Avoid lavender with tufty or feathery flower heads as these are likely to be unpleasant. Culinary grade lavender is easy to buy online.



## Warm up and relax with lavender hot chocolate

You can't beat a warming hot chocolate before bed, and why not add a little variety with culinary lavender?

## Making hot chocolate with a hint of lavender

**You will need** (for one mug)

1/3 pint milk

Hot chocolate mix

2 heaped teaspoons dried culinary lavender

### Method

Sprinkle the lavender into the warm milk and bring almost to the boil (you could also do this in the microwave).

Once heated through, add your favourite hot chocolate mix or real grated chocolate.

Strain...

...and drink!

I am not an unquestioning fan of lavender in food, but this was sweet, creamy and relaxing too. Of course, you could leave out the chocolate and just make a relaxing milky bedtime drink.



# Lavender in potpourri

## Making potpourri

### Use dried flowers including lavender to make your own natural potpourri

Dried flowers have been used since Medieval times and before to bring a bit of perfume to what was, at the time, an often smelly world! Lavender, in particular, would have been used to freshen rooms and laundry. (Lavender is still used today to fragrance washing powder and the home). Early makers of potpourri would have added dried rose petals and buds for a hint of luxury, and any other herbs or dried flowers from the garden might have been added for a pretty looking and smelling mix.

If you have a garden, have a look round for common plants which may be useful: as well as lavender, there may also be a rose bush, and herbs such as rosemary, lemon balm and marjoram. These can all be picked and dried in bunches in your airing cupboard. Flowers or leaves which are highly fragrant when fresh stand more chance of retaining some scent when dried.

### Dried flowers in potpourri making: Methods

Whichever potpourri making method you use, you will need 3 or 4 components:

Potpourri base - dried flowers, petals, leaves, pods, dried fruit etc

Potpourri fragrance - blended essential oils

Fixative - ground spice or orris root powder to make the fragrance last\*

\*If you use fragrance oils instead of essential oils, the fixative can be omitted.

Toppers - optional decorative pieces to place on top

### Method 1: Traditional potpourri making

In this method of potpourri making, the dried flowers you are using as base ingredients are mixed together with a few drops of essential oil and a small amount of fixative such as orris root powder. Shake thoroughly to mix, and seal for about six weeks inside a tupperware box or plastic container. This allows the fragrance to develop. Store this in a warm dark place, shaking every couple of weeks.

A simple potpourri making recipe would use about 25% dried lavender by weight mixed with rose buds and rose petals, an orris root powder fixative, and rose and lavender essential oils.

### Traditional potpourri making: Dried flower combinations for different parts of the house

Nearly all traditional potpourri making recipes include dried lavender. This is fragrant, plentiful and has a scent associated with cleanliness (in fact the name is derived from the Latin for "To wash").

For the kitchen: Try adding dried herbs to a base of dried lavender, with lavender and rosemary essential oils.

For the bedroom: The traditional lavender/rose mix is great for bedrooms, as the lavender aids sleep while the rose element is for romance.

For the bathroom: Clean smelling dried lavender with dried citrus and orange and/or lemon oil - this one will also help wake you up in the morning!

### Method 2: The quick way - Modern potpourri making

A modern short cut in potpourri making is to omit the fixative and associated fixing or "developing" time and use home fragrance oils instead of essential oils. Fragrance oils do not require a fixative as they have been designed to provide a good fragrance over a long period of time. If you are using this method, then just shake all your dried flowers / potpourri ingredients in a plastic bag with a few drops of oil and leave to stand for a few hours to permeate.

### **Toppers in potpourri making**

Toppers are decorative pieces for the top of your potpourri. If you are using dried flowers from your garden, it is only natural to want to put the prettiest ones on top! Or if you press your own flowers, these can also be very attractive. Other toppers for potpourri making might be woven corn or wicker shapes, mini lavender bunches or sola roses.



## **How to make your own fragrant lavender and lime potpourri**

**Combine the clean fresh scent of lavender with zesty invigorating lime in a pretty botanical potpourri.** Potpourri making is not difficult or time consuming, and potential ingredients can often be found in your garden, store cupboard or local shop. I've included a few variations according to personal taste and availability. See image on previous page.

### **Recipe**

#### **Ingredients**

1 fresh lime  
3 handfuls fragrant dried lavender  
2 handfuls alder cones / mini pine cones / cedar roses as available  
1 handful dried hydrangea petals to decorate, or other dried flowers  
a few drops of lime fragrance oil  
half a teaspoon ground ginger (optional)

#### **Method**

1. Peel the limes and slice. Put in a conventional oven on minimum (about 30degC) overnight to dry out, or leave in the airing cupboard for a few days.
2. Place the alder cones in a plastic bag or tupperware, add a few drops of fragrance oil and shake to coat. Leave for a few hours to permeate.
3. Mix the dried limes, lavender, ginger and cones in a bowl and decorate with the pretty hydrangea petals.

#### **Where to use this dried lavender and lime mix**

This recipe makes enough potpourri for one medium bowl. The combination of the clean lavender with uplifting reviving lime would be perfect in a bathroom or kitchen. I would not use it in the bedroom as any relaxing properties of the lavender may be overshadowed by the invigorating lime!

#### **Variations on this potpourri recipe**

Potpourri making is historically about using what you have to hand, so if you prefer to substitute the limes for oranges or lemons, or even pink grapefruit or mandarin, then give it a try. Fragrance oils to match all of these are readily available, and any would make a good kitchen fragrance. Ready-dried citrus fruits can be purchased online, but drying your own is inexpensive. I used hydrangea petals to decorate, but you could replace with any pressed or dried flowers, or herb leaves such as bay, lemon verbena, or geranium from your own garden.

Traditionalists may prefer to substitute natural essential oils for fragrance oils. In this case the lavender, ground spice and cones should be sealed in the tupperware with the essential oil in a warm dark place for up to six weeks - the results may be more subdued visually, but the fragrance should be superior. If omitting the ground spice then orris root powder would help to fix the oil and prevent it evaporating away too quickly. The remaining ingredients would then be added to the potpourri at the end to prevent deterioration.

# Lavender handicrafts

## Making a pomander with dried lavender

This pomander is very decorative and easy to make. Use it to perfume your wardrobe - keeping your clothes smelling fresh and deterring clothes moths.

The pomander in the picture (following page) is hanging on my wardrobe door as I thought it was too pretty to hide away.

It's cheap to make too - the polystyrene ball was 29p from a craft shop, and I used beads and ribbon left over from other projects.

### How to make the lavender pomander

#### You will need

Polystyrene ball 7cm diameter

Dried lavender

Ribbon

Tassel (I bought mine but they are easily made from thread)

Large beads

Metal skewer

PVA glue

Florist wire & pliers to bend it

Lavender essential oil & spray bottle

#### Method

Carefully poke a hole all the way through the middle of the ball using the skewer. I found it easier to do this first and leave it in place as it gives you something to hold while gluing on the lavender. I covered the entire ball with PVA and pressed the lavender into it.

Once it had dried, I checked it over, removing any tiny stems, and patching holes. I ended up with a covering about 0.5cm thick all over. Because such a small quantity of lavender wouldn't smell very strong, I sprayed the ball evenly all over with lavender essential oil and allowed to dry.

I then removed the skewer from the ball and inserted a short piece of florists wire all the way through. It was just long enough to allow me to form a loop top and bottom to attach the tassel and hanging loop. At the bottom, the tassel is wired in place through a large bead which stops the whole thing pulling upwards.

At the top, the hanging loop is tied onto the wire loop with a couple of beads for decoration. The ribbon bow hides the wire.

#### Tips

To spray the ball, I emptied a 10ml bottle of lavender essential oil into a small spray bottle obtained from my local chemist.

If using oil, keep away from polished, painted and synthetic surfaces & textiles in case of marks.

Adding oil means that you aren't reliant on the natural fragrance of the lavender, so you can choose a less fragrant but deeper blue dried lavender if you wish.

The pomander can be refreshed from time to time with another drop or two (or spritz) of oil.

I like to use hi-tack PVA glue because it holds items in place while it is drying.



## Make a lavender bottle

Lavender bottles are a beautiful and traditional way to capture the scent of lavender. The lavender bottle is a traditional French country craft not commonly seen in the UK. This style of lavender wand is referred to as a lavender bottle because of its shape. It is widely seen in France and America, but not so common here. Because it relies on using fresh pliable lavender stems, it is a seasonal craft (lavender flowers in the UK between June and August). The fact that the lavender flowers are contained inside the ribbon makes this design robust and tidy.

### To make the lavender bottle

#### You will need:

13 fresh lavender stems, about 30cm long, stripped of leaves & twigs

Ribbon 5mm width, 2-3m length

Sharp scissors

String

#### Method

First tie the bunch tightly just under the flower heads with the string. Then bend back on themselves at the string without snapping the stems.

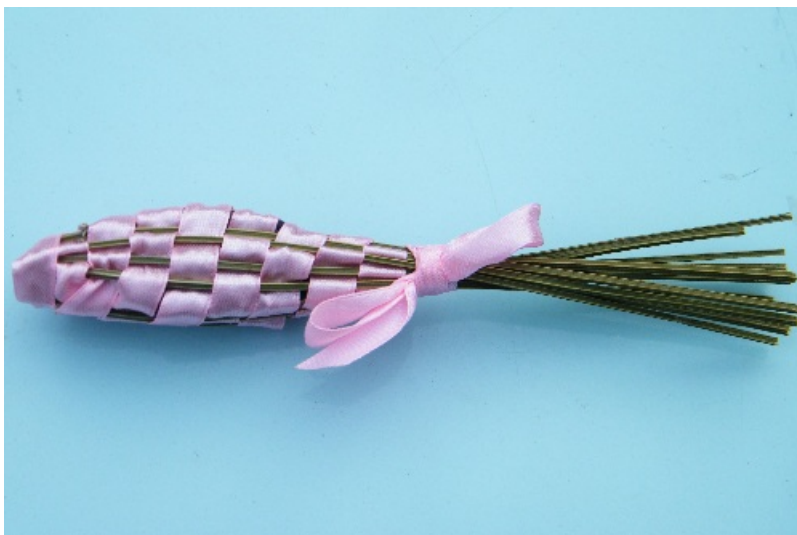
Weave the ribbon in and out of the stems, starting next to the string and slowly hiding the lavender flowers and enclosing them. Adjust the tension while weaving to form the bottle shape round the flower heads.

Tie off with a bow for a completed wand leaving the stems loose (as per photo), or continue down the stems for a more decorated look.

The bottles will gradually dry out naturally. Make sure they are stored somewhere with good airflow during this process to avoid mould developing.

#### Uses of lavender bottles

Handmade lavender bottles would make a thoughtful gift, and after making in the summer, they could be stored for use at any time of year. They are at their best if used to fragrance small areas such as a linen cupboard or drawers. The scent can be refreshed if necessary using a drop or two of lavender essential oil.



## **Making a Dried Lavender Wand**

This type of lavender wand is much less fiddly to make than a lavender bottle, and more convenient as it can be produced year-round from dried lavender stems. However it is more brittle as the dry flowers may drop with excessive handling.

### **You will need**

13 dried lavender stems, about 30cm long, stripped of leaves & twigs

Ribbon 5mm width, 2-3m length

Sharp scissors

### **Method**

First tie the stems together below the flower heads with one end of the ribbon, and tie into a bow. Then weave the ribbon around the stems - over two and under two at a time. At the bottom, finish neatly by wrapping the ribbon round the bundle of stems a couple of times before poking it through the bundle and cutting off the excess.

### **Uses for the Dried Lavender Wand – Weddings**

This style would make a very good wedding favour or decoration as the ribbon could be chosen to match the colour scheme. A young bridesmaid would have fun brandishing one instead of a posy, with the benefit of being less expensive.



# Lavender aromatherapy

## Relax with Lavender

### Take a deep breath and try one of our ten ways to relax with lavender

1. Put a few drops of lavender essential oil in a bath for a soak before bedtime. (The oil is not only soothing but mildly antiseptic so if you have any minor cuts or grazes it will treat them at the same time.) Or seek out luxurious lavender toiletries.
2. Use a lavender wheat bag that can be warmed in the microwave for a soothing alternative to a hot water bottle. These are widely available, or make your own by stitching a strong fabric bag and filling with wheat mixed with a little dried lavender and a few drops of lavender oil. [Exercise caution when heating wheat in the microwave and never leave it unattended.]
3. Put a lavender bag or sachet under your pillow to aid sleep. A lavender bag should retain its fragrance for months if squeezed periodically to refresh.
4. Hops are also well known to aid sleep. Why not combine the effects of lavender and hops in a pillow? Lavender also combines well with soothing chamomile.
5. Dilute a few drops of lavender oil in a massage oil for a relaxing massage. Set the scene with lavender candles.
6. Place a few drops of lavender oil on a hankie in your handbag and inhale when needed.
7. Place a few drops of lavender oil in water in an oil burner and let the relaxing aroma soothe you.
8. Use dried lavender as a potpourri. Place a few handfuls in a bowl and add a drop or two of lavender oil when the fragrance fades. Fill your house with the fresh, calming scent. Lavender can be mixed with roses for the bedroom and living room or citrus for the kitchen and bathroom.
9. Decorate your home with dried lavender bunches - drip on some oil to boost the fragrance if wanted. Dry your own bunches by picking before they reach full flower and hanging to dry somewhere warm such as an airing cupboard.
10. Make some lavender tea by infusing 1 tablespoon culinary dried lavender per mug in boiling water for 5 mins (if you grow your own lavender, then use 2 tablespoons of fresh lavender flowers), strain and sweeten with honey if liked. Try as a bedtime drink.

## **How to make a simple moisturising oat bath with soothing dried lavender**

I was reading about the use of porridge oats in skincare recently, and it reminded me that I used them to soothe my son's mild eczema when he was small. The oat milk released when the oatmeal is soaked in water has moisturising properties, so can relieve dry itching.

Lavender is used for its aromatherapy properties: it has a soothing effect on the skin (and the nostrils!), and is mildly antiseptic. Try using dried lavender, fresh lavender, or lavender oil.

Use a pretty ribbon and you have a very inexpensive gift!

### **Making the dried lavender & oat bath bag**

#### **Ingredients**

Porridge oats

Some loose weave cloth

Ribbon

Fresh or dried lavender flowers or lavender essential oil

#### **Method**

Cut a 12" (30cm) square of cloth. I used butter muslin - this would make a pretty gift. But if it's not going to be a gift, then a piece of old net curtain would do just as well, and I've even heard of old socks being used!

Place two handfuls of the oatmeal on the square of cloth (about 100g).

Add a few drops of soothing lavender essential oil if liked, taking care not to mark the cloth, or a small handful of dried lavender flowers. This will add a relaxing fragrance and has mild soothing antiseptic properties, making a more luxurious gift. (Only use fresh lavender flowers if you're going to use it straightaway).

Pull up the four corners evenly so that the oats are contained in the cloth, and tie with the ribbon. I made a hanging loop with the ribbon so the bag can be hung under a tap.

### **How to use your dried lavender & oats bath bag**

Either throw in the bath or hang under the tap to allow the water to run through it. This will cause the water to turn milky. Squeeze the bag to enable more of the milk to be released. Relax and enjoy your moisturising aromatherapy moment! [If you have a skin condition you are concerned about, see a doctor.]



# **Safety**

## **Your body**

The information contained in or made available through this ebook cannot replace the services of trained medical professionals. I do not recommend any treatment, drug, food or supplement. You should regularly consult a doctor in all matters relating to health, particularly concerning any symptoms that may require diagnosis or medical attention.

If using essential oils, always follow the instructions on the bottle.

## **Pets and children**

Do keep all dried flowers, craft equipment and finished goods out of reach of children unless they are fully supervised by an adult. None of the craft items mentioned here are intended as toys. Keep out of reach of pets.

## **Your possessions**

Lavender essential oil and all aromatherapy oils and fragrance oils (and any product they have been added to) can leave marks. Avoid contact with polished, painted or synthetic surfaces and textiles. If filling fabric bags with homemade potpourri, make sure the mix is fully dry first, and test on an inconspicuous area.

## About the author

Ruth Ridley lives with her husband and their two children on the sunny Sussex coast, where she spends her spare time gardening. She is director of Daisy Gifts Ltd, a UK dried flower shop serving Britain and Europe since 2003. In that time she has amassed a body of knowledge regarding dried flowers and associated crafts, some of which are shared in this book, and many more on her new blog at <http://driedflowercraft.co.uk>.

Contact Ruth via her blog, or follow her on Twitter [@ruthdaisy](https://twitter.com/ruthdaisy)



## Resources

### Supplies

Lavender craft supplies [www.daisyshop.co.uk](http://www.daisyshop.co.uk), selling highly fragrant [dried lavender](#) loose in various pack sizes, plus lavender oil, bunches, lavender bags, dried flowers and potpourri making.

### Books

A great book about the history of lavender-growing: “The Story of Lavender” by Sally Festing 2009 ISBN 9781852151829.

A scientific book about lavender and its botany: “The Genus Lavandula” by Tim Upson & Susyn Andrews 2004 ISBN 1842460102.

This book is also available in Kindle format via Amazon, product code: B008DEI3BI

For more dried flower projects check out Ruth's blog at <http://driedflowercraft.co.uk>

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