

Lavender

(Lavandula officinalis)



Since the beginning of human memory, lavender has been esteemed for its superbly stimulating and soothing effect. Lavender is also an antiseptic and a moth repellent. For these reasons and because of its glorious fragrance, dried lavender flowers are commonly placed in linen cupboards. In herbal medicine, lavender is used for anxiety and insomnia. In mattress ticking, the scent of lavender has a calming effect and improves the quality of sleep. There are many varieties of lavender, all highly valued by herbalists. With its glorious aroma, fine grayish leaves and slender blue flower spikes, lavender is also a popular garden plant. The whole plant, and in particular the highly fragrant flowers, are equally valued for their nerve strengthening properties. This is why lavender is the perfect fragrance to promote the restorative sleep qualities of mattress ticking.