

# Lavender spike Essential oil Spain

*Lavandula latifolia* Medik.



**Agrestic**  
Camphoraceous



Botanical family : Lamiaceae  
Method of culture : Conventional  
Part harvested : Flowering tops

CAS TSCA : 8016-78-2  
INCI : Lavandula latifolia herb oil

## Specifications

Method for obtaining : Hydrodistillation  
:  
Appearance : Colourless to pale orange-yellow mobile limpid liquid  
Constituents : Linalol, 1,8-cineole, camphor

## Harvest period

J F M A M J J **A** S O N D



Spike lavender is a rounded, aromatic bush. It looks like true lavender, but has its own botanical characteristics. The flowers are a softer purple and its velvety, gray-green leaves are broader. The latter led to its being nicknamed “broadleaf lavender” in French. Spike lavender grows wild in the temperate regions of the Mediterranean basin, especially in Spain (which is the main producer of the plant) and in the South of France. Unlike true lavender, spike lavender thrives in low altitudes of up to 700 meters. This lavender reproduces from seeds that germinate spontaneously. The lavender sprigs are reaped in August during the flowering period. Spike lavender is not cultivated, as it is wild, and therefore, during the harvest, the harvesters crisscross the arid regions of Spain to gather it. The resulting essential oil is herbaceous and agrestic, with a powerful camphor note, which it shares with its cousin, hybrid lavender.

Lavender essence, called “nard” in ancient times, was a mix of fine lavender and spike lavender. It was probably distilled from the plants that grew abundantly in Provence at the time. First differentiated in the 12th century by Abbess Hildegard, spike lavender acquired its stellar medicinal reputation at that time. Mentioned in the medical literature of the 13th century, spike lavender is believed to cure all sorts of ailments. There was even a fast that used spike lavender and rosemary that was believed to encourage chastity. It was given to young ladies sent to the Ursuline Convent who were thought to be a bit too liberal in their comportment.

Advised uses : Aromatherapy, Perfumery, Cosmetic, Alimentary



ALBERT VIEILLE

Ed. 2019.11.20