

Food Trend: 5 Benefits of Lavender Lemonade & Tea



By [Ashley Johnson](#)

Summer may be long over, but you can still enjoy all the benefits of a nice colorful, refreshing glass of lavender lemonade or tea. Lavender is an essential oil that has been used for its healing properties for ages. It is one of the purest forms of medicine and therapy today.

With lavender lemonade and tea gaining popularity, how can you make sure you get the most out of this latest food trend?

There are many pros and [health](#) benefits to consuming this sweet refreshing concoction. Here is some [food advice](#) on how you can use this [food trend](#) to your own benefit:

1. Helps skin: It can take a while to find your perfect skin care routine. If you would like to go the more natural route, lavender lemonade and tea make a decent option. The essential oil's antioxidant properties can help treat blemishes and inflamed areas on the skin. It may even help speed up the process of wound healing.

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2. Relieves anxiety: The purple drink has been known to improve people's moods. Lavender contains anti-depressive properties so whether you are suffering from anxiety or

depression, a glass of the drink can put you in a better mood.

3. More sleep: Having a good night's sleep is probably one of the best feelings ever. If you have insomnia or trouble sleeping, lavender teas can serve as a sleep aid that will not only help you get to sleep, but will help you stay asleep.

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4. Supports digestion: The essential oil can help soothe digestive issues ranging from diarrhea to nausea. The anti-inflammatory properties of lavender help soothe irritated stomach muscles, eliminating stomach pain and making digestion much easier for the body.

5. Reduces headaches: If you suffer from chronic headaches like myself, this benefit can definitely be a game changer. If you are not a fan of having to rely on medication, lavender lemonades and teas can serve as a natural anti-inflammatory for headaches too. Lavender aromatherapy in general has been linked to an increased pain tolerance in people.

How will you incorporate lavender lemonade/tea into your diet? Share in the comments below!