



Lavender flowers have long since been used to treat a mirad of problems. Until World War I, lavender was used to treat and disinfect wounds. Women would place sachets of lavender in their closets and wardrobes for fragrance, in addition to using it in potpourri. Hospitals used lavender as an antiseptic and disinfectant to sterilize surfaces and equipment. Today, lavender is used in much of the same way and the essential oils derived from the plant can be used for therapeutic uses. The flowers contain more than 150 compounds. Lavender essential oil is easily and quickly absorbed into the skin, and can be detected in the blood in as little as 5 minutes. Lavender in lotions and skin care can ease anxiety, depression, mental exhaustion, insomnia, scrapes and wounds, digestive problems, headaches, skin problems and women's health problems. In addition to this, lavender can be used to treat exhaustion, heat exposure, fevers, aches and pains, over-exertion, jet lag, rashes, sprains, sunburn, sunstroke, bruises and burns. It can also be used as a disinfectant and insect repellent. Lavender is an antiseptic, natural antibiotic, sedative, detoxifier. The uses of lavender are endless.

Carole Kowalczyk, M.D., is a reproductive endocrinologist, with over 20 years of treating women and the founder of in Harmony. It's important to use beauty products that don't include toxic ingredients. As a fertility doctor, Kowalczyk saw first hand the harm these unnatural ingredients were doing to patients' health, and when she couldn't find a beauty brand that met her standards for safe, high-quality, her passion for keeping women healthy led to her founding in Harmony. At in Harmony, they use safe, pure ingredients like organic aloe vera, organic olive oil, organic coconut oil, organic rooibos tea, organic tea tree oil, to name a few.

We are in love with the lavender shampoo and conditioner (\$41.95). This product not only keeps my color looking brilliant, but the fragrance keeps my hair smelling amazing.

The Lavender Body Scrub (\$29.95) gets rid of all the dry flacky skin and replaces it with hydrated and soft limbs. The best part is it does not contain salt, so no burns and it doesn't leave an oily residue in the tub. Works great with the Lavender Body Butter (\$34.95). You'll feel like you've gone to the spa after this treatment.

All summer long I never felt refreshed, but thanks to discovering the Facial Toner (\$18.95) I finally could breath a sigh of relief. After toning I added the lavender infused Facial Moisturizer (\$15.95) and not once this summer did I have dry skin. You can pick these healing products up at [inharmonynaturals.com](http://inharmonynaturals.com). Check out the mineral based make-up while you are there.

[Suzanna Bowling](#)

Suzanna, co-owns and publishes the newspaper Times Square Chronicles or T2C. At one point a working actress, she has performed in numerous productions in film, TV, cabaret and theatre. She has performed at The New Orleans Jazz festival, The United Nations and Carnegie Hall. Currently she has a screenplay in the works, which she developed with her mentor and friend the late Arthur Herzog. She was the Broadway Informer on the all access cable TV Show "The New Yorkers," soon to be "The Tourist Channel." email: [suzanna@t2conline.com](mailto:suzanna@t2conline.com)