

Aromatic Lavender Wands

By Nicholl Spence

Lavender is a wonderfully versatile flower with a history dating back to ancient civilizations. Its deep purple hues and soothing aromas are adored by many and it is also well known for its medicinal values and perfume.

Lavender wands originated in the 18th century in France and were given as gifts as symbols of love and good fortune. They are still crafted by many people today! Lavender wands are made using fresh, flexible lavender stems picked fresh from a garden. This is a great summer project from late June to mid-August when it's best to harvest lavender. The process is quite simple using fresh lavender stems, cotton kitchen twine and/or 1/8" ribbon and a tapestry needle.

To begin, harvest approximately 10 to 15 fully opened lavender flowers and be sure to cut them keeping 8 to 10 inches of green stem attached. It's these stems which get pulled downwards over the flowers to become the "cage" which you then weave the ribbon through. Remove any lavender leaves or small buds that may be growing along the stem. With flower



▲ Two examples of lavender wands after drying. The left photo shows a very loose weave so the flowers would poke through but traditionally the weave is very tight and none of the flowers within are shown, as seen right. RIGHT PHOTO CREDIT: ADOBE STOCK.

stems laid out in front of you, pick up a single stem at a time to create a neat bundle, matching all the bottoms at the base of the flower. Tie your bundle at the base of the flowers using a 1-metre piece of ribbon or string. Allow the remaining string to dangle away from your project as you work on creating the cage

around the lavender flowers.

With your bundle secured, turn it upside down so the flowers can be gripped in the palm of your hand and the stems protrude upwards away from your body. Begin pulling each of the stems downward over the lavender flowers in your palm to cage them in. Once all the stems have been

brought downward, attach a tapestry needle to the long string and begin weaving over and under between the stems, securing the flowers into their lavender cage. Once you've woven your way to the bottom tie a secure knot and trim the excess string. The remaining stems become the handle of the wand and you may also

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▲ Pick 10 to 15 lavender stems with 8 to 10 inches of stem attached. Remove leaves and buds from the stem.



▲ Gather a bundle of lavender stems in your hand and match them at the base. Once your bundle is assembled, secure it in place with cotton kitchen twine or ribbon.



◀ Carefully fold each stem over the lavender flowers to cage them in.

► Attach a tapestry needle to the remaining long string and begin weaving in and out through the stems to the bottom. Once secure, tie a knot and trim. I like to keep about 3 inches of stem when making lavender wands.



choose to continue to wrap the ribbon to the bottom of the stems for added interest.

Lavender wands keep their aroma for months and can be used throughout your house, particularly in the bathroom or undergarment drawers. They make wonderful gifts or use them as fancy bag-tags while gift-giving. Better yet, give your lavender wands to a bride-to-be on her wedding day so she may use one in her bouquet, the way they used to in ancient times!

Follow Along

You can find how-to tutorials on my YouTube channel @FarmhouseStudioOnFifth.

Nicholl Spence is a freelance graphic designer who works from her rural farmhouse home office in Erin. Among her work is the design and layout for this magazine.



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