

LEMONGRASS ESSENTIAL OIL

Lemongrass is a perennial fast-growing aromatic grass, growing to about 1 metre high with long, thin leaves. Grown in South East Asia, Lemongrass is commonly used in cooking. The essential oil is extracted from the fresh and partly dried leaves using steam distillation. With its intense radiant aroma lemongrass essential oil revitalises, helps to improve concentration and may be beneficial for oily skin.

Botanical Name	<i>Cymbopogon citratus</i>
Plant Part	Fresh and partly dried leaves
Actions	Revitalising, improves concentration, clarity of thought, refreshing,
May Help	Awareness, clarity of thought, concentration, rejuvenation, vitality depression, mental exhaustion, nervousness, over active mind, stress
Fragrance Note	Top
Blends with	Basil, Bergamot, Cedarwood, Citrus Oils, Eucalyptus, Geranium, Lavender, Palmarosa, Petitgrain, Rosemary, Tea Tree, Ylang Ylang, Vetiver



Suggestions for use:

UPLIFT BLEND	
Lemongrass	5
Rosemary	4
Cedarwood	2
Vaporiser or in 20ml Carrier oil	

ENERGISE ME BLEND	
Lemongrass	4
Lavender	4
Lemon	2
Orange	3
Rosemary	2
In a Vaporiser	

*Quantity shown refers to number of drops of essential oils

Cautions

May cause skin irritation / sensitivity in some individuals; a skin test is recommended prior to use.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.