

Lemongrass (Cymbopogon citratus), Available in:10 ml glass bottle



Rating: Not Rated Yet

Price

£9.00

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Description

10 ml - £9.00

100% organic essential oil.



Lemongrass essential oil has a powerful tonic, antiseptic and stimulating effect on the whole organism. It is a good insect repellent and has been used extensively to protect animals from fleas and ticks.

Lemongrass is an important ingredient in Thai cuisine, and the oil, like the plant has a lemony and spicy quality.

More information

Botanical Name: Cymbopogon citratus.

Common Name: Lemongrass.

Family Name: Poaceae (Gramineae).

Parts used: The leaves of the grass (both fresh and part-dried).

Aroma: strong, earthy, citrus.

Colour: yellow to radish brown.

Country of origin: Asia

Method of extraction: Steam distillation.

Chemical Type: Lemongrass may consist of citral (Aldehyde), citronellal, geraniol plus traces of other compounds such as limonene and myrcene.

Properties: Lemongrass is antidepressant, antiseptic, astringent, stimulant, tonic, uplifting.

Which conditions/systems benefit from its use?

Skin: tonifies open pores, acne, oily skin.

Skeletal: useful for aching joints, gout, rheumatism.

Muscular: tonifies aching muscles, tired legs and veins, relieves muscle fatigue; useful for sports injuries.

Nervous: stimulates, revives, energizes the emotions and relieves stress-related conditions and nervous exhaustion.

Digestive: stimulates appetite, relieves indigestion and gastro-enteritis.

Respiratory: antiseptic effect on infections, sore throats, laryngitis.

Immune system: reduces fever.

Lemongrass essential oil is a very powerful bactericide and antiseptic. This makes it a very effective essential oil to use when cleaning and sanitizing. As with other lemon-scented oils, Lemongrass essential oil is very useful as an insect repellent (either alone or mixed with other "repellent" oils). Lemongrass essential oil may help to boost the parasympathetic nervous system and help to stimulate circulation. It is helpful for soothing headaches, although it must be blended with a carrier before being massaged onto the temples, as it can be irritating to the skin.

Blends well with: [Geranium](#), Jasmine, and [Lavender](#) essential oils.

Applications

Aromatic lamp: antidepressant, refreshing, energizing, purifying air, insect repellent -5-6 drops of lemongrass.

Aroma Pendant: deodorizing, headaches, against viral infections – 1-2 drops of lemongrass oil.

Bath: for cellulite, skin tightening, toning, improves circulation, relieves muscle pain - for a full body bath up to 6 drops and 1-2 drops for a footbath.

Sauna: antiseptic, antibacterial, influenza - 10 drops of lemongrass in 500 ml of water.

Steam Inhalation: colds, headaches, mental fatigue – place 1 or 2 drops in a bowl of hot water or a proprietary steamer and breathe for 10 minutes.

Massage: tonic, for cellulite, mental fatigue, anxiety, colds, muscle pain, improve blood circulation - 25 ml base oil / almond, avocado, apricot, grape seed /max 8 drops of lemongrass.

Foot Bath – eliminates fatigue and odors, reduces perspiration - max 2 drops lemongrass to the bathwater.

Aroma Spray: Refreshing, deodorizing, disinfecting, removing odors and insects – 15-20 drops of lemongrass in 250 ml water, shake the bottle and spray the room.

Face creams: for oily skin, acne, enlarged pores – 1-2 drops of Lemongrass oil per 5 ml cream.

Precautions: Lemongrass is non-toxic but may irritate the skin. This should also be kept in mind if lemongrass essential oil is being used in the bath, as too much can irritate the skin (maximum 2-3 drops per tubful of water). Contraindicated for people with individual intolerance to lemongrass.

But remember...

Lemongrass is refreshing and stimulating for muscles and skin.

Important Note:

Any reference to a disease or condition name does not indicate treatment for this disease or condition. Essential oils are without therapeutic indications. The information provided is for educational purposes only.

Reviews

There are yet no reviews for this product.