

Lemon Myrtle
Backhousia citriodora
Bright and happy

Source:	Australia
Extraction:	Steam distillation of the leaves
Blending Factor:	3
Odour Note:	Top

Characteristics:

Lemon Myrtle is a pale yellowish liquid with a sharp, sweet lemony aroma.

Safety Precautions:

This oil is non-toxic but has a high Citral content and is a dermal irritant and sensitizations. Low dosage recommended.

History:

Lemon Myrtle origin is on the coastal region of the Southern to mid Queensland. The 1890's was the first time it was distilled by a German Doctor who sent this back home, but this was halted with World War 1, it wasn't until the 1920's that export resumed mainly for perfumery. During the Second World War, the oil was used for flavoring in soft drinks and as a fragrance due to the shortage of the Lemon essence. However, this was short lived with the import of Lemongrass and May Chan. However, over the recent years Lemon Myrtle is now been distilled for aromatherapy and specialised markets.

Therapeutic Actions:

Sedative, anti-bacterial, antiseptic, anti-viral and anti-fungal.

Enhances:

Calming, sedative, stress relief, revitalizing, relaxing, emotionally uplifting.

Reduces:

Intolerance, lack of energy, lack of concentration, and restlessness

Uses:

Nervous system: Stress related conditions, insomnia, depression

Respiratory system: influenza, bronchitis, cold sores.

Skin: anti bacterial cleansing, refreshing.

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 6 drops of essential oils in a bowl of hot water.

Blends well with:

Citrus oils, Bergamot, Geranium, Lavender, Neroli, Peppermint, Rose, Rosewood, Rosemary, Vetiver

Colds & Flu Pick me up		Brighten One's Day		Refreshing Footbath	
Lemon Myrtle	2	Lemon Myrtle	2	Lemon Myrtle	2
Frankincense	4	Eucalyptus	3	Peppermint	2
Ginger	2	Mandarin	2	Vetiver	2
Total drops	8	Total drops	7	Total Drops	6
In Carrier – local rub	16 ml	In Carrier	ml	In bowl of water	
In Vaporiser					