

**Lemongrass**  
*Cymbopogon Citratus*  
Determination

**Source:**

**Extraction:** Steam distillation of the leaves

**Blending Factor:** 1

**Odour Note:** Top

**Characteristics:**

Lemongrass is a yellowish amber liquid with a strong, sweet lemony, herbaceous scent.

**Safety Precautions:**

Avoid use during pregnancy. Could irritate sensitive skin (use low dosage 1%). Do not use more than 2 drop in the bath.

**History:**

This essential oil is native to Asia (India and Sri Lanka). Traditionally it was used in Indian medicine especially for fevers and infectious diseases. Modern research carried out in Indian shows that it acts as a sedative on the central nervous system. Very useful as room freshener and deodorizer.

**Therapeutic Actions:**

Anti-inflammatory, anti-septic, astringent, carminative, deodorant, digestive, diuretic, insect repellent, nervine, sedative, skin tonic, and general tonic.

**Enhances:**

Clarity of thought, flexibility, stimulates, determination and inspiration.

**Reduces:**

Mental fatigue, loss of concentration, anxiety, resentment, negative energies.

**Uses:**

**Circulation/Muscle:** Cellulite, muscular aches & pains, fluid retention

**Immune system:** Fevers, infectious diseases

**Nervous system:** Agitation, nervous exhaustion, general tonic

**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 4 drops of essential oils in a bowl of hot water.

### **Blends well with:**

Basil, Bergamot, Cedarwood, Geranium, Jasmine, Lavender, Lemon, Neroli, Palmarosa, Petitgrain, Rosemary, and Tea Tree

<b>Focus – Determination</b>		<b>Refreshing Footbath</b>		<b>Tired Muscles Blend</b>	
Lemongrass	1	Lemongrass	1	Lemongrass	2
Orange	2	Cypress	2	Lavender	4
Basil	1	Lavender	2	Pine	2
Total drops	4	Total drops	5	Total Drops	8
In Vaporiser		In Footbath	18 ml	Carrier	16 ml
				Rub on local area	