

Lemongrass Pure Essential Oil (10ml)

 lilyandloafinternational.com/products/lemongrass-essential-oil-10ml

Garden of Flora
Cymbopogon citratus

£ 6.99 GBP

7169

- Diffuse for a fresh fragrance to uplift the mind, boost positivity and heighten awareness
- Massage after blending to relieve aching muscles, tension, exhaustion, and help improve circulation
- Apply diluted to refresh and tone. Add to bathwater to uplift mind and body, and invigorate the skin
- Blends well with Basil, Geranium, Cedarwood, Tea Tree & Lavender
- Full 90-day money-back guarantee

A stimulating, uplifting and revitalising herbaceous aroma that can help heighten awareness and promote a positive outlook, boosting self-esteem, confidence, and mental strength.

Lemongrass essential oil is extracted from *Cymbopogon flexuosus*, also known as 'oil grass', from the fresh or partly-dried leaves by steam distillation. It is also known as Indian Verbena or Indian Melissa oil and is used in Ayurveda, the ancient traditional art of healing.

Lemongrass contains citral which provides the main flavour in lemon peel, which is said to help fight fatigue, and refresh a tired body and mind. Lemongrass oil is believed to relieve nervous exhaustion, jet lag, tension, headaches, and low mood, and helps to tone muscles and tissue, hence relieving muscle discomfort. Like citronella, it can be used to repel insects and mosquitos and is also a fragrant way of keeping a pet free of fleas and ticks.

Aromatic Description: Lemony, fresh

Plant Part: Aerial parts

Source: India

Extraction method: Steam distillation

How to use essential oils

Massage – Both body and facial massage can benefit from the intoxicating aroma of essential oils. Always ensure that you add the essential oil to a carrier oil first, and never apply directly to your skin. A carrier oil, also known as base oil, is used to dilute essential oils before they applied to the skin.

Bathing – There is no better way to unwind than in an essential oil bath, calming oils like Lavender and Clary Sage are especially relaxing. Add 5-10 drops in a bath and disperse vigorously before entering the bath.

Steam inhalation – This is a really good way of helping to relieve blocked sinuses or congestion. Eucalyptus is one of the most popular oils for this. Fill a large bowl with hot (not boiling water), add 3-4 drops of your chosen oil then lean over the bowl placing a towel over your head and slowly breathe in the until you start to feel relief.

Diffusers – There are many diffusers available, one of the most popular being an ultrasonic diffuser which uses water to create a fine mist. These are a great way of enjoying oils throughout the day in your home or office space. Citrus oils are particularly uplifting. Ideally leave your diffuser on for up to an hour at a time, leaving it off for a similar amount of time.

Cautions

Possible skin sensitivity. External use only. Do not use undiluted on the skin. Avoid contact with eyes, ears, mucous membranes, and sensitive areas. If you are pregnant, nursing, or using prescription medication, consult your Doctor or qualified health care practitioner before using essential oils. Not recommended for use on children under 12 years. Store in a cool dry place, out of reach and sight of children. Do not ingest essential oils. Never use undiluted.

Why should I buy from Lily & Loaf?

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90-Day Money Back Guarantee

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Ingredients

Cymbopogon citratus

Aromatic Description: Lemony, fresh

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Recommended Use

- Massage or topical use - Add 3-5 drops per 10ml of carrier oil

- Diffuser - Add 4-5 drops to cold water
- Inhalation - Add 2-3 drops to hot water
- Bathing - Add 5-10 drops to water or carrier oil, stir into bathwater

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