



Citronella  
cymbopogon nardus

Used historically for digestive complaints, parasites, canker sores, pain relief, and detoxification.

Size: 5ml  
Size 15ml

APPLICATION METHOD: can be used aromatically, can be used topically (only diluted)

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## Primary Benefits

The antiseptic properties of citronella essential oil make it helpful in fighting infections both internally, such as UTI, and externally, such as an open wound. For those who prefer to use all natural alternatives to medications, citronella essential oil can induce feelings of happiness and hope. With strong anti-fungal and antibacterial properties, citronella essential oil can kill many of the germs that cause odors and illness in the kitchen and bathroom. It's a natural anti-fungal, which can control mold and mildew. And the fresh scent deodorizes the air anywhere you use it.

## Directions of Use

Diffuse: apply 5-8 drops into diffuser.  
Topically: ½ cup Witch Hazel, ½ cup Water, 20 Drops of Citronella Essential Oil, 20 Drops of Lemongrass Essential Oil, Mix in a Glass Spray Bottle and apply to skin.

## Caution

There is a risk of drug interaction when using Citronella Oil. Recommendation is a dermal maximum of 18.2%.

## Collection Method

Steam Distilled

## Plant Part

Grass

## Main Constituents

Citronellal, Geraniol, Limonene, Chaphene citronenellyl acetate.

## Description

There are two types of citronella commonly sold as essential oil. Spark Naturals uses the Ceylon variety, which is the variety that has historically been used and is generally regarded as being superior. Citronella is a herbaceous perennial scented grass that grows wild and cultivated in tropical areas to heights of a meter or taller. It is yellowish-brown with a strong, tart, earthy and lemony scent.

## Uses

- Along with insect repellent, Citronella is also widely used in soap making, household disinfectants, deodorant, perfume, and as an ingredient in hair and massage oils (especially for oily hair).
- Combine several (two to three) drops with a carrier oil like coconut oil and massage it into swollen joints, tissue and muscles.
- Citronella can contribute to natural stress relief so try diffusing it in your home or office to counteract a rough day. When inhaled, citronella can encourage relaxation, invigoration and pleasant memories and may even reduce trouble sleeping and depression.

## Properties

Antidepressant, Anti-fungal, Antiviral, Insecticidal, Anti-inflammatory, Diuretic, Stomachic, Astringent, Antispasmodic, Stimulant, and Antiseptic.