



# Lemongrass

## *Cymbopogon Citratus Essential Oil*

A very fresh smelling oil, Lemongrass is used most often for massages. Lemongrass can be used for fighting jet lag, cellulite, and revitalizing a tired mind.

Size: 15ml

Size: 5ml

### APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

### Primary Benefits

promote healthy digestion, add to base cream to treat fungal infections, diffuse for nervousness, combine with a carrier oil for soothing massage, dilute and apply to thyroid area to assist in healthy thyroid function, diffuse for overall feeling of wellness and positivity.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Internal use:** Dilute one drop in 4 fl. oz. of liquid

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Citrus, sweet, lemony, fresh

### Collection Method

Steam Distillation

### Plant Part

Leaf

### Main Constituents

Geranial, neral

### Description

Lemongrass is used in Ayurvedic medicine to help bring down fevers and treat infectious illnesses. Lemongrass has a faint citrus flavor that has long been used in Asian cuisine in soups, curries, teas, as well as fish, poultry, beef, and seafood. Lemongrass can act as a tonic to bodily systems as well as aid in digestion. It is quite purifying and toning to the skin and muscles and is often used in skin care products. Lemongrass revitalizes the body and mind and helps with respiratory infections. Lemongrass is quite often used in massage therapy and can promote a positive mood as well as support healthy thyroid function.

### Uses

- Combine with Spark Naturals Carrier Oil for a massage
- Diffuse as an insect repellent
- Diffuse to revive the mind when feeling lethargic
- Add to favorite entrees and meat dishes while aiding digestion
- Add to Spark Naturals Carrier Oil to assist with cellulite and digestive problems
- Dilute and apply topically to thyroid to support healthy thyroid function

### Properties

Analgesic, Anti-Depressant, Anti-Microbial, Antiseptic, Astringent, Bactericidal, Carminative, Deodorant, Diuretic, Fungicidal and Insecticidal

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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