

Lemongrass

Cymbopogon flexuosus 15 ml

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PRODUCT INFORMATION PAGE



CPTG™

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Citrus, herbaceous, smoky

Main Chemical Components: Geranial, neral

PRIMARY BENEFITS

- Food flavouring
- Purifying and toning

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Cymbopogon flexuosus 15 ml

Part Number: 60203815



PRODUCT DESCRIPTION

Grown by family farmers in Southern India, Lemongrass produces a smoky, citrus essential oil that offers a variety of benefits to the user. For years, Lemongrass has been used in Asian cuisine for soups, teas, and curries as well as with fish, poultry, beef, and seafood. Lemongrass is also purifying and toning, and is frequently used in skin care products for these benefits.

USES

- Use to flavour entrées and meat dishes.
- Blend with Basil, Cardamom, or Spearmint.
- Dilute oil, then rub or spritz on skin before going outside.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Food additive use: Dilute one drop in 125 ml of liquid.

Topical use: For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.