Lemongrass
Cymbopogon flexuosus 15 mL

dōTERRA

CPTG

Application:
A T I | S

Plant Part:
Leaf

Extraction Method:
Steam distillation

Aromatic Description:
Citrus, herbaceous, smoky

Main Chemical Components:
Geranial, neral

PRIMARY BENEFITS

- Supports healthy digestion when taken in a capsule*
- Combine with a carrier oil for soothing massage
- Apply diluted after a long run for a refreshing feeling

PRODUCT DESCRIPTION

A tall, perennial plant, Lemongrass has a subtle citrus flavor and is used in Asian cuisine in soups, teas, and curries as well as with fish, poultry, beef, and seafood. In addition to its unique flavor, Lemongrass essential oil promotes healthy digestion and acts as an overall tonic to the body's systems.* It's also purifying and toning to the skin, and is frequently used in skin care products for these benefits. Lemongrass is an ideal oil to use in massage therapy. Lemongrass has a pungent, herbaceous aroma that can heighten awareness and promote a positive outlook.

USES

- Combine equal parts Fractionated Coconut Oil and Lemongrass oil for a massage after a hard workout.
- Use to flavor entrées and meat dishes while promoting healthy digestion.*
- Blends well with Basil, Cardamom, or Spearmint.
- Dilute oil, then rub or spritz on skin before going outside.
- Lemongrass essential oil naturally repels insects.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.
Internal use: Dilute one drop in 4 fl. oz. of liquid.
Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

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.

*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.