

LEMON MYRTLE ESSENTIAL OIL

Native to the subtropical rainforests of central and south-eastern Queensland, Lemon Myrtle (*Backhousia citriodora*) is a flowering tree that can grow up to 20 metres high. The essential oil is extracted from the leaves using steam distillation. With its refreshing lemon aroma, lemon myrtle oil energises and is ideal for freshening the air and removing unpleasant odours.

Botanical Name	<i>Backhousia citriodora</i>
Plant Part	Leaves
Actions	Uplifting, energising, improves clarity of thought, confidence,
May Help	Clarity, confidence, endurance, vigour, depression, fatigue, lethargy
Fragrance Note	Top
Blends with	Basil, Bergamot, Cedarwood, Citrus Oils, Eucalyptus, Geranium, Lavender, Palmarosa, Petitgrain, Rosemary, Tea Tree, Ylang Ylang, Vetiver



Suggestions for use:

FRESH AIR BLEND	
Lemon Myrtle	4
Tea Tree	2
Frankincense	2
In a Vaporiser	

WINTER BLEND	
Lemon Myrtle	3
Lavender	4
Cedarwood	4
Rosemary	2
In a Vaporiser	

*Quantity shown refers to number of drops of essential oils

Cautions

A dermal irritant and sensitizer. Do not use on the skin in concentrations higher than 1%. A skin test is recommended prior to use.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.