



## LEMONGRASS Essential Oil



**Botanical Name:** *Cymbopogon flexuosus*

**Main Constituents:**

Citral: 72.5%

**Plant Part:** Leaves

**Extraction Method:** Steam Distilled

**Origin:** India

**Color:** Yellow to brownish yellow liquid.

**Consistency:** Thin

**Note:** Top

**Strength of Aroma:** Strong

**Aromatic Scent:** Lemongrass Essential Oil has a fresh earthy, citrusy scent.

**Child Safe:** Yes

### About The Plant

Also known as 'France Indian Verbena', Lemongrass is a fast growing, tall, aromatic perennial grass that grows up to 1.5 meters (4 feet) in height. It is native to the continent of Asia, but is now cultivated mostly in the West Indies, Africa, and Tropical Asia. The planting of Lemongrass is thought to 'heal the Earth' by its absorption and breakdown of toxic products.

### About The Oil

This essential oil is distilled from lemongrass leaves is a yellow liquid with a fresh, grassy-lemon citrus aroma with an earthy undertone.

### Emotional/Energetic Qualities

Uplifts mood

Refreshes and offers emotional protection

Eases difficult emotional transitions

Reduces fatigue

A great oil to manage agitation and restlessness. Refreshing, emotionally uplifting and cooling.

### Therapeutic Properties

**Airborne antimicrobial:** The vapor of Lemongrass essential oil has antifungal activity (Boukhatem *et al.* 2014).



**Analgesic:** Lemongrass oil is dominated by citral, which has antinociceptive action (Quintans-Júnior *et al.* 2011). It can also contain some myrcene, which is analgesic (Rao *et al.* 1990, Quintans-Júnior *et al.* 2011).

**Anti-inflammatory:** Lemongrass oil has anti-inflammatory activity (Boukhatem *et al.* 2014).

**Antibacterial:** Lemongrass has good antibacterial activity and the potential to manage acne (Faiyazuddin *et al.* 2009).

**Antidepressant:** Citral has relaxing and antidepressant properties (Yim *et al.* 2009).

**Antifungal:** Lemongrass and citral are both active against *Candida* (Silva *et al.* 2008) and the oil has anti-inflammatory and antifungal actions with potential to treat skin infections.

**Antiviral:** Lemongrass oil is active against HSV I, which causes cold sores (Minami *et al.* 2003).

**Cooling:** In traditional medicine, Lemongrass is used to reduce the temperature. It has a cooling effect, and its anti-inflammatory actions reduce heat.

**Digestive aid:** The scent of Lemongrass, a culinary herb used in Asian cuisine, has appetite-stimulating properties.

**Febrifuge:** In traditional medicine, Lemongrass is used to reduce fever.

**Immunostimulant:** It is thought that the immunostimulant activity of Lemongrass oil is related to its anti-inflammatory action (Saad, Muller and Lobstein 2013).

**Sedative:** In Brazilian folk medicine, Lemongrass is used as a sedative. The essential oil also has anxiety-relieving effects (Costa *et al.* 2011) and sedating effects (Silva *et al.* 2010).

**Tonic:** Lemongrass has a range of properties which, in combination, help to strengthen and restore vitality and well-being.

## INHALATION

- direct inhalation, diffuser, oil vaporizer
- Excellent for clearing and disinfecting the air in the home or office.
- To repel insects, a diffusion blend of [Geranium](#), [Lemon](#), [Tea Tree](#) and [Citronella](#) with Lemongrass is highly effective.

## TOPICAL

- massage, compress, skincare
- Lemongrass essential oil tightens the elastin fibers in the epidermis and subcutis (the connective tissues) and is recommended in the aftercare of sports injuries, sprains, bruises and dislocations.



- Further, lemongrass essential oil has also been studied as an anti-fungal agent against Candida, a naturally occurring fungus in our bodies which can 'overgrow' due to dietary imbalances (possibly too high a sugar intake), resulting in vaginal irritation, rashes (particularly on the feet) and the like. Topical application may be best to utilize these properties, in a 5-10% dilution in any carrier oil.
- Lemongrass is also used as a mosquito repellent, and has been the subject of many studies investigating this use. Lemongrass can be highly effective, especially when combined with other oils often used for keeping away insects, such as [Geranium](#), [Lemon](#), [Tea Tree](#) and [Citronella](#). These oils can be combined in topical formulas (with a total essential oil concentration up to 15%).
- To support immune response blend in a dilution of a carrier oil and massage onto the soles of the feet.
- To temporarily soothe muscular aches and pains, mix a few drops into Epsom salts or directly into a warm bath.



## Safety

Although considered non-toxic, use of Lemongrass essential oil should be avoided in cases of glaucoma and with children because of its potency. Use caution in cases of prostatic hyperplasia and with skin hypersensitivity or damaged epidermal areas. Always test a small amount first for sensitivity or allergic reaction.

Avoid use during pregnancy.

**\*\*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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