

Lemongrass

Cymbopogon citratus

Therapeutic Properties: Analgesic, antidepressant, antimicrobial, antioxidant, antipyretic, antiseptic, astringent, bactericidal, carminative, deodorant, febrifuge, fungicidal, insecticidal, nervine, sedative (nerve) tonic.

Believed to be a sedative to the central nervous system, Lemongrass is extremely beneficial for stress related conditions and for times of nervous exhaustion as it is energizing yet soothing. It is also great support for dispelling anger and frustration.

Lemongrass may assist with headaches and is an excellent support for aching tendons, cartilage, and connective tissue.

Lemongrass is great for wrinkles and aging skin when diluted with a carrier oil. It also reduces excessive perspiration and acts as a deodorant and a purifier for oily skin.

Its tonifying astringent properties make it excellent for cleansing oily skin and blackheads, and for tightening pores. It is very effective in shampoo formulations for oily hair and scalp, or for oily scalp with dry hair.

aromatherapy & home uses

Circulation, Muscles, and Joints: Muscular pain, poor circulation, muscle tone, slack tissue.

Digestive System: Colitis, indigestion, gastro-enteritis.

Immune System: Fevers, infectious disease.

Nervous System: Headaches, nervous exhaustion, and stress-related conditions.

Skin Care: Acne, athlete's foot, excessive perspiration, insect repellent, open pores, pediculosis, scabies, tissue toner.

suggested usage (10 years & up)

BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist and help support your body in easing muscular aches.

COMPRESS:

- Mix 2-4 drops of Lemongrass Essential Oil in 1 pint of hot or cold water; soak a towel in water and apply on the desired location. Cover the area with a dry towel and heating pad or ice pack.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser. Lemongrass may be particularly effective for lack of concentration. Since it stimulates the left brain and aids our logical thinking processes, it is suitable for diffusers at home or in the office, especially in conference rooms or wherever clear, fresh thinking and good concentration are required.
- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply.
- Diffuse or use in a spray bottle to disinfect indoor air, as well as for washing appliances and furnishings. A couple of drops of this oil in wash water will make a room fragrant and hygienic.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

TOPICAL

- Lemongrass is beneficial for sports injuries, bruises, and pulled ligaments. Add to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or the carrier oil of your choice, adhering to proper dilution guidelines.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Should not be used orally during pregnancy or while nursing.
- Tisserant & Blaacs (1995) advise caution when using the oil for those with glaucoma.
- They also advise caution in women with endometriosis as endometriosis could be exacerbated by estrogenic Essential Oils, especially if taken orally.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Producing Organ: Grass

Extraction: Steam Distillation

Country of Origin: India

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children

Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed starting in the 2nd trimester

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - safe when used as directed starting in the 2nd trimester

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

10ml Bottle



QUALITY ASSURANCE

All oils from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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