

Lemongrass

cymbopogon flexuosus 10ml

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.*

USES

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser in 15 minute intervals as needed throughout the day. 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.*
- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed.*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic bottle, shake well, and mist into the environment as desired.*

bath

- **Bath:** Mix 8 to 10 drops in ½ cup of Pink Himalayan or Dead Sea bath salt and mix into warm bath water to assist and help support your body in easing muscular aches.*

environmental

- **Cleaning:** Add to household cleaners to boost cleaning power and impart a fresh scent.*

topical

- **Compress:** Mix 2 to 4 drops in 1 pint of hot or cold water, soak a towel in the water, and apply on the desired location. Cover the area with a dry towel and heating pad or ice pack.*
- **Massage:** Add a few drops to lotion or carrier oil and use as a rejuvenating massage sports injuries, bruises, and pulled ligaments.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution(15 drops/1 ounce).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Environmental • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

properties

Wildcrafted

Producing Organ: Grass

Extraction: Steam Distillation

Country of Origin: India

Main Chemical Constituents: Citral, myrcene, dipentene

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

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Should not be used orally during pregnancy or while nursing.
- Exercise caution when used by those with glaucoma.
- Use 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.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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