

Discover...

Lemongrass

Cymbopogon flexuosus
Food Grade, Steam Distilled
Refreshing, Stimulating, Clarifying

Fresh, grassy lemon scent that energizes and promotes positive energy. Lemongrass builds hope, mental strength, and self-confidence, while also offering numerous therapeutic benefits

Lemongrass has been used for thousands of years in Eastern cultures for its medicinal benefits as well as its use as a flavor enhancer and is still common in Asian dishes. Like many essential oils, it has antifungal and antiseptic properties, but it's probably more commonly known for its analgesic (pain relieving) benefits. Lemongrass has been shown to reduce pain and inflammation in muscles and joints, as well as headaches and general body aches, and in some areas of the world it is commonly known as "fever grass" for its ability to cool the body. It has also been used as an ingredient in many natural cleaning solutions and insect repellants, but interestingly enough, it may actually attract honeybees and has been used by beekeepers to lure swarms to their hives! Its fresh scent makes it an appealing ingredient in lotions, soaps and creams, acting as a perfume, deodorant, and relaxant for the body. The scent of lemongrass is said to purify the mind and heighten psychic sensitivities.

Topically*: *(Lemongrass may cause greater sensitivity to the skin than other essential oils, always dilute in a carrier oil and use extra caution when applying topically) Apply a dab to the wrists for a fresh, natural perfume. Rub into sore muscles to reduce inflammation and pain. Rub into the stomach area to relieve aches and menstrual cramps. Dab on the temples to help alleviate head tension and mild fevers.*

Aromatically: *Diffuse to freshen the air or while meditating to promote positivity and connectivity; breathe in the scent for an energy boost, or to stimulate self-confidence.*

Blends well with...

Lavender for a soothing scent and pain-relieving cream

Tea Tree to purify the air

Patchouli to increase sensuality

Eucalyptus to relieve muscle aches

More Tips & Common Uses: *Make lemongrass bath salts to soothe tired joints; Diffuse during study times for a boost of confidence and concentration; Add to a spray bottle to deter bugs; Add to any of our great recipes for hand creams, lotions, body butters and more!*

As a Flavor: *LorAnn's pure Lemongrass is a gluten-free, food grade oil that can be used (very sparingly) as a flavor enhancement. Add a drop to a pot of tea or soup to calm an upset and help ease cold and flu symptoms.*

* Pure essential oils are very potent. We strongly recommend diluting them when applying topically to avoid any potential skin sensitivities. Please refer to our Essential Oil Safety Guidelines for more information.

Disclaimer: *The information provided here and throughout our website is for educational purposes only and is not intended to treat, cure, or diagnose any condition. This information is not intended as a substitute for consulting with your health care provider. It's best to consult with a healthcare professional before using any essential oil during pregnancy or before using essential oils with children.*