

Lemongrass

CYMBOPOGON CITRATUS

Lemongrass has an outstanding reputation for keeping insects away, controlling perspiration, and treating athletes' foot. This oil relieves the symptoms of jet lag, helps with nervousness and anxiety, and clears headaches.

COUNTRY OF ORIGIN

India, South Africa, and Nepal

EXTRACTION METHOD

Steam Distillation

PLANT PART

Grass

BOTANICAL FAMILY

Poaceae (Gramineae)

CHEMICAL FAMILY

Monoterpenes, Monoterpenols, Aldehydes

AROMA

Fresh, Herbaceous, Lemony

NOTE

Top-Middle

SAFETY

- May irritate the skin or mucous membranes. Maybe skin-sensitizing; use at 0.7% maximum.
- Do not use it on children under two years old.
- Use with caution during pregnancy; use at 0.5% maximum on the skin topically as citral could affect fetal development in high topical doses. Do not use it during the first trimester of pregnancy.

Non-toxic, generally non-irritating. Best if used at low dosages. Use caution in prostatic hyperplasia and with skin hypersensitivity or damaged skin.

THERAPEUTIC PROPERTIES

Lemongrass tones and fortifies the nervous system and can be used in the bath for soothing muscular nerves and pain.

ANTIMICROBIAL	DIGESTIVE	CARMINATIVE
ANTIBACTERIAL	FEBRIFUGE	DIURETIC
ANTIFUNGAL	TONIC	NERVINE
ANTI-INFLAMMATORY	DEODORANT	SEDATIVE TO NERVOUS SYSTEM
ANALGESIC	ANTIPYRETIC	ANTIOXIDANT
ANTIBACTERIAL	ANTIDEPRESSANT	ANTIVIRAL
COOLING	ASTRINGENT	

BODY SYSTEMS

CIRCULATORY

CANCER & TUMORS, BLOOD PRESSURE & CHOLESTEROL

DIGESTIVE

DIGESTIVE ISSUES

ENDOCRINE

HYPO- & HYPERTHYROID

INTEGUMENTARY

INSECT REPELLANT, ATHLETE'S FOOT & OTHER FUNGAL INFECTIONS

LIMBIC

EMOTIONAL BALANCE



BODY SYSTEMS (CONT.)

URINARY

BLADDER, KIDNEY INFECTION & STONES

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