



Name	Latin Name	Origin
Lemongrass	Cymbopogon citratus	Nepal
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$11	
Part of plant	Safety note	Conservation Status
Leaves	May irritate skin and mucous membranes, use at 0.7% maximum. May be skin sensitizing. Use caution for young children. Tisserand suggests the use be restricted to 0.5% maximum on the skin during pregnancy due to citral which could affect fetal development in high topical doses. Oils containing citral should be avoided with antidepressants.	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Aldehyde rich 	<ul style="list-style-type: none"> • Airborne antimicrobial • Analgesic • Antibacterial • Antioxidant • Anti-inflammatory • Antidepressant • Antifungal • Antimicrobial • Antiviral • Cooling • Tonic • Promotes healthy digestion . • Purifying and toning to the skin. • Healing to muscle or tendon injury. • Emotionally lemongrass essential oil can invite comfort during difficult emotional transitions. It also uplifts and relaxes, assisting in both reducing fatigue and energizing the mind.

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.</p> <p>1st component synergy Geranial, neral (citral) (analgesic, anti-allergic, antibacterial, anticonvulsive, antidepressant, antifungal – candida, dermatophytes, anti-inflammatory - relieves</p>	

associated swelling, antinociceptive, antispasmodic, antitumoral, antiviral) .

1st essential oil synergy combinations

best used with oils that do not contain citral; the maximum dermal limit for lemongrass is just 0.7%.

2nd component synergy

□-Myrcene, geraniol (analgesic, antibacterial, antifungal, antihypertensive, anti-inflammatory, antinociceptive, antioxidant, antispasmodic, neuroprotective, sedative).

1st essential oil synergy combinations

cannabis, cape may, lemon thyme, geranium, hops, juniperberry, palmarosa, rosemary ct myrcene, thyme ct geraniol.

Potential psychological therapeutic solutions

Anxiety and low mood: frankincense, geranium, hops, lime, rose, palmarosa, patchouli, sandalwood, vetiver ylang ylang .

Potential psychological therapeutic solutions

Acne: cinnamon leaf, clary sage, combava petitgrain, coriander seed, jasmine, plai, sandalwood, vetiver, ylang ylang

Arthritis and rheumatism: cannabis, combava peel, coriander seed, geranium, ginger, hops, juniperberry, lemon-scented eucalyptus, plai, rosemary ct myrcene, thyme ct geraniol, turmeric, Virginian cedarwood.

Dermatophytosis: cape may, clove bud, fennel, geranium, lemon-scented tea tree, palmarosa, plai

Immune support: frankincense, lemon thyme, lime, mandarin petitgrain, palmarosa, plai, thyme ct geraniol, sandalwood, yuzu

Pain and inflammation: black pepper, cannabis, cape may, lemon thyme, geranium, hops, juniperberry, palmarosa, rosemary ct myrcene, thyme ct geraniol

Skin inflammation, allergy and itching: German chamomile, patchouli, tea tree, vetiver

Soft tissue trauma with pain, inflammation and swelling: black pepper, cannabis, combava peel, geranium, hops, juniperberry, nutmeg, rosemary ct myrcene, sweet marjoram, turmeric

References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon

Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Scent Notes	Psychological rankings	Physical rankings
Top middle	Calming	2 Digestive 3
	Energising	2 Immune/Infection 3
		Muscular/Skeletal 1

Ingredient notes

Chemical families

aldehydes	82.26%
monoterpenols	5.09%
monoterpenes	3.32%
ketones	1.96%
oxides	0.31%
sesquiterpenes	0.3%

Complete chemical breakdown

aldehydes

geranial	46.44%
neral	35.48%
photocitral b	0.34%

monoterpenes

b-myrcene	2.5%
cis-b-ocimene	0.48%
trans-b-ocimene	0.34%

oxides

caryophyllene oxide	0.31%
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monoterpenols

geraniol	3.43%
linalool	0.85%
citronellol	0.55%
α -terpineol	0.26%

ketones

methyl heptanone	1.96%
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sesquiterpenes

γ -cadinene	0.3%
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