

Lemongrass Essential Oil

DESCRIPTION: A calming, lemony fresh aroma. Diffuse it to inspire mental clarity and heighten awareness.

TOP AROMATHERAPY BENEFITS: aware • calm • clarity

AROMA: Lemony & Green

BLENDS WITH: Eucalyptus, Lavender, Tea Tree

INGREDIENTS: Cymbopogon schoenanthus (lemongrass) oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. Avoid use if pregnant or breastfeeding. If under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Not intended for use on children.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for an enlightening and calming aromatherapy experience.

Study Aid

Diffuse to encourage focus while studying.

Air Freshener

Add a few drops to a spray bottle, shake well and use as an air freshener.

Linen Mist

Add a few drops to a spray bottle, shake well and use as a linen mist.

Outdoor Spray

Create a natural outdoor spray with 1/2 cup apple cider vinegar and 5 drops each of citronella, lemongrass, peppermint, eucalyptus and rosemary.

Add to Bath

Add a few drops to a warm bath and soak when muscles are sore.

Sugar Scrub

Combine 10-15 drops essential oil with 1/2 cup coconut oil and 1/2 cup sugar for an invigorating DIY sugar scrub for glowing skin.

Daily Shower Spray

To a spray bottle add 1 cup of water, 1 tablespoon liquid Castille soap, 5 drops lemongrass oil and 5 drops eucalyptus oil. Use after showering on tile and glass.

Surface Cleaner

To a spray bottle add 7 drops lemongrass and 7 drops rosemary oil, 1 cup distilled water, and 1/4 cup white vinegar. Shake well.

Floor Cleaner

Create a DIY floor cleaner by adding 1/2 cup warm water, 1/4 cup white vinegar, 1 teaspoon liquid dish soap and 10 drops each of lemongrass and tea tree oil to a spray bottle.

Body Cleanse

Add a few drops to carrier oil and apply to pulse points when trying to detox body.

DIY AROMATHERAPY BLENDS:

Bye Bye Bugs: Lemongrass + Citronella + Peppermint

Citrusy: Lemongrass + Bergamot + Lemon

Ease Tension: Lemongrass + Lavender + Peppermint

Energy Boost: Lemongrass + Orange + Wintergreen

Fresh & Clean: Lemongrass + Eucalyptus

Fruity: Lemongrass + Bergamot + Grapefruit

Memory: Lemongrass + Lavender + Rosemary

Morning Refresh: Lemongrass + Cedarwood

Positive Vibes: Lemongrass + Ginger

Dilution Ratio: Best practices state that one 1/2 tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential oil. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.