LEMON MYRTLE
BACKHOUSIA CITRIODORA 5 ML

PRIMARY BENEFITS
• UPLIFTING TO THE SENSES.
• CALMING AND RELAXING AROMA.

PRODUCT DESCRIPTION
Native to Australia, lemon myrtle has long been used by Aboriginal and Torres Strait Islander people as part of their diet. Lemon Myrtle essential oil is distilled from the citrus scented leaves of the subtropical lemon myrtle plant. Lemon Myrtle essential oil has a calming and relaxing aroma.

USES
• Try diffusing for a calming and relaxing aroma.
• Add a drop of Lemon Myrtle essential oil to your water for a refreshing taste.

DIRECTIONS FOR USE
Diffusion: Use three to four drops in the diffuser of choice.
Food flavour use: Add 1 to 2 drops to food.

CAUTIONS
KEEP OUT OF REACH OF CHILDREN. Avoid contact with eyes, inner ears, and sensitive areas. If you are pregnant, nursing, or under a doctor’s care, consult your physician. Possible skin sensitivity.

PLANT PART: Leaf
EXTRACTION METHOD: Steam distillation
AROMATIC DESCRIPTION: Sweet, lemon, slightly herbal
MAIN CHEMICAL COMPONENTS: Citral (geranial and neral)