

# LEMONGRASS

*Cymbopogon flexuosus 15 mL*

*Clean, fresh, citrus, bright*

*Aromatic description*

## PRIMARY BENEFITS

- Refreshing and invigorating aroma

## PRODUCT DESCRIPTION

Lemongrass has a pungent, herbaceous aroma that gives you a sense of heightened awareness and positivity when diffused.

It is ideal to promote an overall sense of emotional and spiritual wellbeing.

Lemongrass is also renowned for its unique flavour and is popular in many Asian dishes.

## USES

- Use to flavour Asian inspired dishes and salads.
- Blends well with Basil, Cardamom or Spearmint essential oils in the diffuser.

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to four drops in the diffuser of choice.

**FOOD FLAVOUR USE:** Add one or two drops to food.

## CAUTIONS

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

**PLANT PART:** Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Geranial, neral



Certified Pure Tested Grade

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