

Lemongrass

Cymbopogon flexuosus 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I D

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Citrus, herbaceous, smoky

Main Chemical Composition: Geranial, neral

Lemongrass | *Cymbopogon flexuosus* 15 mL

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Description

A tall, perennial plant, Lemongrass has a subtle citrus flavor and is used in Asian cuisine in soups, teas, and curries as well as with fish, poultry, beef, and seafood. Lemongrass essential oil is frequently used in skincare products for its cleansing benefits. Lemongrass has an herbaceous aroma that can heighten awareness and is ideal for massage therapy.

Uses

Cosmetic

- + Add to facial cleanser for its skin-cleansing benefits.
- + Combine with Fractionated Coconut Oil and apply for a soothing massage.
- + Combine with Tea Tree and apply to toenails for clean, healthy-looking nails.
- + Dilute with Fractionated Coconut Oil and apply after exercise for a refreshing feeling.

Food

- + Use in soups and savory dishes for a unique herbal, citrus flavor.

Household

- + Enjoy the scent of Lemongrass on the patio during an outdoor event.
- + Place a few drops on a rag to help clean tables, countertops, and other surfaces.

Directions

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

Internal use: Dilute one drop in 120 mL of liquid.

Topical use: When used topically, dilute with carrier oil as needed for skin sensitivity

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.