

Lemongrass

Cymbopogon flexuosus 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG®

Application: **A** **T** **I** **S**

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Citrus, herbaceous, smoky

Main Chemical Components: Geranial, Neral, Geraniol.

PRIMARY BENEFITS

- Combine with a carrier oil for soothing massage
- Apply diluted after a long run for a refreshing feeling

PRODUCT 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. In addition to its unique flavor, Lemongrass is purifying and toning when applied to the skin, and is frequently used in skin care products for these benefits. Lemongrass is an ideal oil to use in massage therapy. Lemongrass has a pungent, herbaceous aroma that can heighten awareness and promote a positive outlook.

USES

- Combine equal parts Fractionated Coconut Oil and Lemongrass oil for a massage after a hard workout.
- Use to flavor entrées and meat dishes
- Blends well with Basil, Cardamom, or Spearmint.
- Dilute oil, then rub or spritz on skin before going outside.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

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.

