

Lemongrass

Cymbopogon flexuosus

15 ml

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Product Information Page



CPTG Certified Pure Tested Grade®

Lemongrass produces a smoky, citrus essential oil that offers a variety of benefits to the user. For years, Lemongrass has been used in Asian cuisine.

Lemongrass | Cymbopogon flexuosus 15 ml

Aromatic Description: Citrus, herbaceous, smoky

Extraction Method: Steam distillation

Plant Part: Leaf

Primary Benefits

- + Can be used to add an invigorating flavour to a myriad of recipes from savoury dishes to sweet desserts.
- + Brightening to a room with its smoky, citrus aroma

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 essential oil promotes a healthy digestive system when ingested. Lemongrass has a pungent, herbaceous aroma.

Uses

- + Use to flavor entrées and meat dishes.
- + Blends well with Basil, Cardamom, or Spearmint.

Directions

Aromatic use: Add three to four drops in the diffuser of choice.

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

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.