

Lemongrass

Cymbopogon flexuosus 15 ml

dōTERRA® | INDIA

Product Information Page



Application: A T S

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Clean, fresh, citrus, bright

Main Chemical Components: Geranial, neral Geraniol

Lemongrass | *Cymbopogon flexuosus* 15 ml
SKU: 60219517

Primary Benefits

- + Refreshing and invigorating to the senses
- + Combine with a carrier oil for soothing massage
- + Apply diluted after a long run for a refreshing feeling
- + Helps maintain a healthier and clearer looking skin.

Product Description

Lemongrass essential oil promotes an overall sense of emotional and spiritual wellbeing. It's also clarifying 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 gives you a sense of heightened awareness and positivity.

Uses

- + Combine a few drops of Lemongrass oil with Fractionated Coconut oil for a massage after a hard workout.
- + Dilute oil, then rub or spritz on skin before going outside.
- + Lemongrass essential oil can help maintain a balance oil skin production and it can help control shine when used with your favorite face moisturizer.
- + This essential oil and its properties can help maintain the skin clean and clear.

Directions for Use

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

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.