

LEMONGRASS



About Lemongrass

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 healthy digestion and acts as an overall tonic to the body's systems when ingested.* It's also 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.



Primary Benefits

- Supports healthy digestion when taken in a capsule*
- Combine with a carrier oil for soothing massage
- Apply diluted after a long run for a refreshing feeling

Uses

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

Directions For Use

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

Internal use: dilute one drop in 4fl. Oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize and skin sensitivity