

Lemongrass

Cymbopogon flexuosus 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: **Plant Part:**
A T I S Leaf

Extraction Method:
Steam distillation

Aromatic Description:
Citrus, herbaceous, smoky

Main Chemical Components:
Geraniol, neral

PRIMARY BENEFITS

- Supports healthy digestion
- Soothes aching muscles
- Purifies and tones skin

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 essential oil promotes healthy digestion and acts as an overall tonic to the body's systems. It's also purifying and toning to the skin, and is frequently used in skin care products for these benefits. Lemongrass can soothe sore muscles and joints, making it an ideal oil to use in massage therapy or applied directly to problem areas. Lemongrass has a pungent, herbaceous aroma that can heighten awareness and promote a positive outlook.

USES

- To help soothe sore joints or muscle sprains, combine equal parts Fractionated Coconut Oil and Lemongrass oil and rub topically on area of concern.
- Use to flavor entrées and meat dishes while promoting healthy digestion.
- Combine with Melaleuca and apply to toenails for clean, healthy nails.
- Rub or spritz on skin before going outside. Lemongrass essential oil naturally repels insects and is one of the essential oils in our TerraShield® essential oil blend.

DIRECTIONS FOR USE

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

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

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut 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.

