



DIFFUSION



TOPICAL



STEAM



BATH



INGEST



SENSITIVE

DILUTION TABLES

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5

PRODUCT DESCRIPTION

Lemongrass is an herb found throughout Southeast Asia, India, and the Caribbean. It provides a gentle lemon flavor to food, whether it is used fresh, dried, or powdered.

When consumed, it helps ease digestive upsets including indigestion, constipation, and stomach aches. It can be taken as a capsule or 1-2 drops can be added to 1 tsp of agave nectar, honey, or a sugar cube, and then mixed with ¼ cup of water.

This rich, robust organic lemongrass essential oil is excellent for elevating the mood and is effective when added to massage oils. The bright, clean and refined aromatic top notes demonstrates this oil's known ability to sharpen mental clarity. It has been used historically as a preservative due to its hydrophobic and antioxidant nature.

PRIMARY BENEFITS AND SAMPLE USES

- » Boosts healthy digestion
- » Relaxes sore muscles
- » Tones and cleanses skin
- » Reduces the effects of nervous fatigue
- » Promotes lactation
- » Can be used as a flavor additive
- » Gently soothe away the tension

DIRECTIONS

Steam Inhalation: Add 2-3 drops to a cup of steaming water and inhale.

Diffusion: Diffuse 3-5 drops or more in the Purely diffuser.

Topical: Dilute 1-2 drops with a Purely carrier oil before use according to the dilution table shown. Be sure to test for sensitivity.

Ingestion: When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

PRECAUTION

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

BLENDS WELL WITH

Wild Orange, Bergamot, Lavender, Clary Sage, Vetiver and Ylang Ylang

COUNTRY OF ORIGIN Guatemala

EXTRACTION METHOD Steam distillation

SKU# 1008
retail: \$10

LEMONGRASS

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.



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