

Lemon Grass

Considered an astringent and a tonic, Lemon Grass is also known to have a calming effect, which makes it an excellent remedy for stress relief. Also high in Vitamin A & E, Lemon Grass can be ground to a fine powder and mixed with water to create a paste for athlete's foot and circulation problems.

Usage

- ❑ May be used in carrier oils, scrubs, body powders, hydrotherapy (in mesh bag), or body wraps.
- ❑ Mixing ratio depends on treatment and client comfort
- ❑ Lemongrass is safe for use in moderation, but should be avoided by young children, pregnant women, and people with kidney or liver disease.