

## Lemongrass – *Cymbopogon citratus*

**Code:** T130                      **Vol:** 10ML

**Country of Origin:** Guatemala

### About the oil

**Distilled From:** The fresh or partly dried leaves of the grass.

**Aroma & appearance:** Fresh, clean, citrus aroma. Yellow to amber in color

#### Some beneficial ways of enjoying the oil:

- Like most lemon-scented oils, Lemongrass can be very refreshing. Try adding one drop each of Lemongrass, Lavender and Geranium to a bowl of warm water and soaking tired feet for 10 minutes.
- A few drops of Lemongrass and Cedarwood in an oil burner will help keep insects away during the summer months.

Lemongrass is produced from two totally distinct botanical species of *Cymbopogon*. *Citratus* is found only under cultivation, particularly in Guatemala. Despite early origins in Sri Lanka and India, it is sometimes confusingly referred to as West Indian Lemongrass. The other type is *Cymbopogon Flexuosus*, which is only cultivated in relatively limited areas of India. Particularly Kerala.

#### Did you know?

Most of the grass after distillation is used locally to feed cattle.

**Key Search words:** Clearing, pests, stimulating, invigorating, warming.

#### Safety Data

Those with sensitive skin should use lemongrass in moderation.

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