

Citronella (Ceylon) Essential Oil

Botanical Name: *Cymbopogon nardus*

Plant Part: Leaves

Extraction Method: Steam Distilled

Origin: Sri Lanka

Color: Pale yellow to yellowish brown liquid.

Consistency: Light

Note: Top

Strength of Aroma: Medium

Aromatic Scent: Citronella Ceylon Oil has a well-rounded lemon citrus scent, though it is much softer than actual Lemon. It also has subtle wood tones.

Blends well with: Bergamot, Orange, Cedarwood, Geranium, Lemon, Lavender and Pine.

Common Uses

Excessive perspiration, fatigue, headache, insect repellent, oily skin. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 58-67.] Also frequently used in blends as a natural insect repellent.

Cautions:

Citronella may irritate sensitive skin. Should be avoided by those allergic to ragweed. Avoid use during pregnancy. Tisserand and Young indicate that there is a risk of drug interaction when using Citronella Oil. They recommend a dermal maximum of 18.2%.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

