

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Lemongrass Essential Oil

Botanical Name: *Cymbopogon flexuosus*

Parts Used: Leaves

Processing: Steam distilled

Origin: India

Color: Pale Yellow to Vivid Yellow

Consistency: Thin

Note: Top

Strength of Aroma: Strong

Aromatic Scent: Lemongrass Essential Oil has a fresh earthy, citrusy scent



Blends well with: Basil, Bergamot, Black Pepper, Cedarwood, Citronella, Clary Sage, Coriander, Cypress, Fennel, Geranium, Ginger, Grapefruit, Jasmine, Juniper, Lavender, Lemon, Lime, Marjoram, Neroli, Niaouli, Orange, Palmarosa, Patchouli, Pine, Rosemary, Tea-Tree, Thyme, Vetiver, Yarrow, Ylang Ylang.

Common Uses:

Lemongrass Essential Oil is known for its invigorating and antiseptic properties. It can be used in facial toners as its astringent properties help fight acne and greasy skin. An excellent anti-depressant, Lemongrass Essential Oil tones and fortifies the nervous system and can be used in bath for soothing muscular nerves and pain. Used for Acne, athlete's foot, excessive perspiration, flatulence, insect repellent. Recent studies suggest that several essential oils have the ability to kill MRSA and Lemongrass is one of those oils.

Cautions:

Tisserand and Young caution that a drug interaction may occur if using drugs metabolized by CYP2B6 and that there is a risk of teratogenicity. They precaution against topical use in children and infants under age 2 and for those with hypersensitive/diseased/damaged skin. They recommend a dermal maximum of 0.6%.

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.

The FDA has not evaluated these statements. No claims are made as to the medicinal value of any products from The Mystic Owl Apothecary. The information presented here is for educating our customers about the traditional uses of essential oils and is not intended to diagnose, treat, cure, or prevent any disease.