

# Lemon Grass

## Related Products

- Bergamot, FCF
- Lavender
- Patchouli
- Bugz Off Insect Deterrent

## General Properties

- antibacterial
- antimicrobial
- antioxidant
- antiseptic
- astringent
- deodorant
- digestive tonic
- insecticidal

## Description

Lemongrass is a grass that is steam distilled to produce an oil that is yellow to reddish brown. The main constituent of this oil is citral (makes up 70%-85% of its total volume). Some of its countries of origin are Brazil, India, and Sri Lanka.

Lemongrass is a very powerful bactericide and antiseptic. This makes it a very effective oil to use when cleaning and sanitizing an area. As with other lemon scented oils, Lemongrass is very useful as an insect repellent (either alone or mixed with other "repellent" oils). Lemongrass may help to boost the parasympathetic nervous system, and help to stimulate circulation. It is helpful for soothing headaches, although it must be blended with a carrier before being massaged onto the temples, as it can be irritating to the skin. This should also be kept in mind if lemongrass oil is being used in the bath, as too much can irritate the skin (maximum 3 drops per tubful of water).

Blends well with Geranium, Jasmine and Lavender.

## Specific Cautions

Can irritate the skin - use in low dilutions. Avoid during pregnancy. Avoid with children under 2 years old.

## References

Information about this essential oil came from the following sources:

1. Worwood, Valerie Ann. *The Fragrant Pharmacy*. (Toronto: Bantam Books, 1990)
2. Davis, Patricia. *Aromatherapy: An A-Z*. (United Kingdom: Saffron Walden, 1988)
3. Tisserand, Robert and Tony Balacs. *Essential Oil Safety*. Edinburgh: Churchill Livingstone, 1995)

## Note and Disclaimer

The information and opinions provided here are for general educational purposes only and do **not** replace medical advice. It is your responsibility to consult a suitably qualified medical practitioner to ensure that you will not have any medical problems from any of our products.