



## Lemongrass “Tonic”

*Cymbopogon citratus*

### **Body/Emotional/Other Benefits**

Lemongrass essential oil is:

- Analgesic – pain relieving
- Anti-fungal – helps control fungal growth
- Anti-inflammatory – reduces inflammation
- Antiseptic – helps to control infection
- Astringent – contracts, binds and tightens tissue
- Diuretic – increases urine flow
- Regulator – balancing
- Sedative – calms
- Tonic – strengthens and improves the performance of the body

Lemongrass is beneficial for: concentration; mental fatigue and exhaustion; cleansing and toning the skin; acne; balancing oily skin; improving the circulatory system; athlete's foot; digestive problems; repelling insects.

### **Suggested Use**

Dilute 10 drops in 1 oz carrier oil or lotion for application to the skin or in the bath. For steam inhalation use 4 drops in 2 cups of hot water.

Use lemongrass in a carrier lotion for treating: oily skin and acne; in a footbath to help treat athlete's foot. Add a drop of lemongrass oil to your usual shampoo to regulate an oily scalp or hair and treat dandruff.



Kasia Apothecary Essential Oils

Use two to three drops of lemongrass in a Kasia H2EO® AirCare Ultrasonic Diffuser for: improving concentration; giving you a boost when tired and in need of boost, including jet lag; repelling insects, particularly mosquitoes.

### ***Chemical Constituents***

geranial, limonene, neral

### ***Precautions***

Can irritate the skin so be sure to dilute well.

Our distiller growers provide GCMC traces to us to ensure authenticity and therapeutic quality.  
Kasia products are not intended to diagnose, cure or prevent any disease.



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