

Lemongrass

Emotions	calming, refreshing, revitalizing
Uses	acne, anxiety , arthritis-rheumatoid , athlete's foot, breast-toning, cellulite, circulation problems, colitis, convalescent, deodorant, digestive problems, energy-lack of , fever, fluid retention, gastroenteritis, hair-greasy , head lice , headache, indigestion/dyspepsia , insect repellent (fleas, ticks, lice), jet lag, laryngitis, lethargy , ligaments , , mental exhaustion/fatigue , muscle-fatigue, muscle-pain, nervousness, nervous exhaustion, nervous tension , pain relief, scabies, skin care, skin-blackheads, skin-neck, skin-oily , skin-toning, sweating-excessive, throat-sore, tonic, tonic-stomach
Properties	analgesic, antibacterial, antidepressant, antifungal, antimicrobial, antioxidant, antiparasitic, antipyretic, antiseptic, astringent, carminative, deodorant, digestive, diuretic, febrifuge, galactagogue, insecticidal, muscle relaxant, nervine, tonic
Constituents	Citral, myrcene, dipentene, methylheptenone, linalool, geraniol, nerol, citronellol, farnesol, borneol
Scent/Note/Viscosity	powerful, fresh, lemony with earthy undertone, straw like, green; top note; dark yellow to amber and reddish; watery viscosity.
Best Mixed With	Bergamot, Black Pepper, Cedarwood, Clary Sage, Cypress, Fennel, Geranium, Ginger, Grapefruit, Jasmine, Lavender, Lemon, Rosemary, Orange, Patchouli, Palmarosa, Sandalwood, Tea Tree, Thyme Linalol, Ylang Ylang (Basil, Balsam, Coriander, Marjoram, Myrrh, Neroli, Rose, Vetiver)
Warning	Do not use if you have sensitive skin. May cause skin irritation; dilute well

DISCLAIMER

This information has been gathered from reliable sources. I make no claim to accuracy. All information contained on this page or within this site is for reference purposes only. It is not intended to substitute for advice given by a physician or other licensed health care professional. It is not recommended that you take essential oils internally unless under the supervision of a Medical Doctor.