

Cymbopogon citratus

LEMON-GRASS

A traditional ingredient in Malaysian and Thai cooking, lemon-grass is also the source of an essential oil that has valuable therapeutic uses. In addition to acting as a digestive tonic, diuretic and antiseptic, the oil has pain-relieving properties. Combined with massage, the powerful lemony aroma makes a great restorative for physical and emotional problems. Men especially like its strong, fresh scent.

SCENT
Lemony, grassy, dry, fresh

NOTE
BASE MIDDLE TOP

EXPENSE RATING
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CAUTIONS
Possible skin irritation, use low dilutions (1%). See page 16.



Main constituents: citral, linalol, geraniol, myrcene, citronellal

THERAPEUTIC PROPERTIES

Lemon-grass is considered a cooling herb in India and citral, its major constituent, has sedative and antiseptic effects. In India, it is used widely in Ayurvedic medicine to treat fevers and infections, and recent research here has confirmed the oil's analgesic and antifungal properties and its ability to reduce fevers. Use with caution on the face, neck and delicate skin. Lemon-grass is cultivated in Africa, Asia and the West Indies.

EMOTIONS & MIND

Acts as a sedative on the central nervous system. Use to counteract mental fatigue (see pages 98–99).

ACHES & PAINS

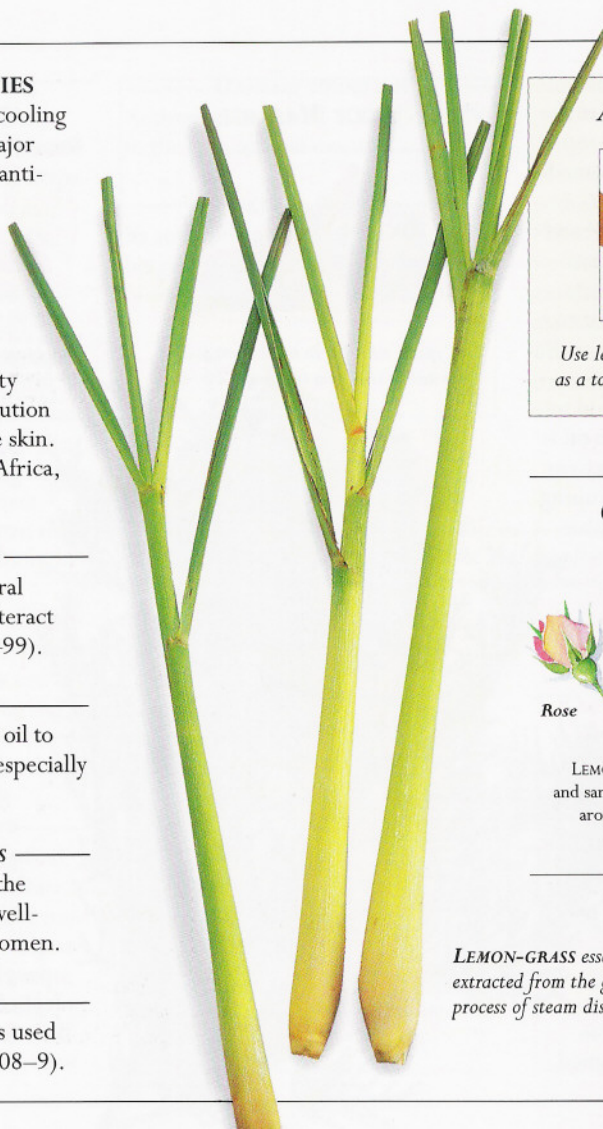
I use well-diluted lemon-grass oil to massage athletes after sport, especially if they are drained of energy.

DIGESTIVE PROBLEMS

Considered to be a tonic for the digestive system. Massage a well-diluted oil blend into the abdomen.

SKIN & BEAUTY

Antiseptic. Lemon-grass oil is used for treating acne (see pages 108–9).



ABDOMEN MASSAGE



Use lemon-grass in a massage oil blend as a tonic for the digestion (see page 88).

OIL COMBINATIONS

Sandalwood



Rose

Rosemary

LEMON-GRASS OIL blends well with rose and sandalwood oils, which soften its strong aroma, and with rosemary oil, which enhances its refreshing scent.

LEMON-GRASS essential oil is extracted from the grass by the process of steam distillation.