



## Palmarosa

(*Cymbopogon martini* Stapf.) Botanical Family: *Graminaceae*

A grass with long stems that end in tufts, and small yellow flowers. The grass is harvested before flowering, and is distilled either fresh or dried.

**Plant Part used:** grass

**Method of Extraction:** steam distillation

**Countries of Production:** India, Madagascar, Nepal

**Fragrance:** lemony, floral, with hint of rose

**Note:** middle

**Main Chemical Components:**

geraniol, granyl acetate, linalol,  $\beta$ -caryophyllene

**General Effect:** refreshing, stimulating

### Indicated for:

#### *The Face*

acne  
ageing  
balancing  
cleansing  
eczema  
fungal infection  
infections  
mature skin  
oily skin  
regenerative  
seborrhoea

#### *The Body*

body blemishes  
congestion  
detoxifying  
digestive problems  
exhaustion  
fluid retention  
relaxing  
skin infections  
swellings

### Body Blending Guide:

Bergamot, clary sage, frankincense, geranium, ginger, juniper, lemon, lemongrass, mandarin, orange, patchouli, petitgrain, rose maroc, rosemary, rose otto, sandalwood, ylang-ylang

### Contra-indications:

None known

### Purchasing Guide:

**Price Range:** low