Citronella *(Cymbopogon nardus)*

Belongs to the same family as lemongrass and palmarosa. Combined with Cedarwood, citronella makes an excellent insecticide. Citronella may help with colds, fatigue, flu, headaches, minor infections, migraine, neuralgia, excessive perspiration, and oily skin. Can be used as an antiseptic to sanitize and deodorize food preparation surfaces . This oil is hardly ever used alone in therapy, but is a valuable addition to many blends.

Ingredient In: LePurify, LeSunburst

Therapeutic Properties: Anti-bacterial, anti-fungal, anti-inflammatory, antiseptic, antispasmodic, deodorant, insecticidal

Application: Always dilute before applying to area of concern

Aromatic: May be stimulating to cardiovascular system**Contra-indications**: Frequent use can cause extreme sensitive reaction; use with caution during pregnancy; can cause contact sensitization; inhaling citronella can increase the heart rate

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