QUICK REFERENCE SHEET

LEMON MYRTLE

Backhousia citriodora

Plant Family: Myrtaceae

Extraction Method: Steam Distilled

Part Utilized: Leaves

Region of Origin:

Australia

AFFINITY FOR:

memory, digestive system, congestion, yin energy, respiratory system, immune system, skin, urinary tract, heart chakra, lymphatic system

THERAPEUTIC PROPERTIES:

antibacterial, germicidal, immune stimulant, antifungal, anti-infectious, antimicrobial, antiseptic, antiviral, sedative

AROMATIC CONSIDERATIONS:

The aroma of Lemon Myrtle oil is a wonderful, Lemony scent. Its intense Lemon aroma is uplifting and refreshing, making it a great oil to diffuse in the home.

APPLICATION:

Lemon Myrtle oil should be diluted well to avoid skin sensitivity. Apply to feet or specific area of concern. It is a wonderful oil to diffuse.

CAUTIONS:

The high concentration of citrol in Lemon Myrtle makes it a possible skin irritant. Lemon Myrtle should always be diluted well. Avoid use during pregnancy.

INGREDIENT IN:

LeDeliverance, LeDeliverance Plus, LeMelaPlus, LeSeasons, LeSimplicity, LeSpiceC

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The fresh, uplifting aroma of Lemon Myrtle may also be helpful in clearing the mind and enhancing concentration, along with aiding in a calm and peaceful night's sleep.

PHYSICAL ASPECTS:

Lemon Myrtle oil helps boost the body's natural defenses and immune system. It is also a very powerful purifying agent due to its high citral content. The citral content of Lemon Myrtle essential oil is 95% compared to 5% in Lemon essential and 65% in Lemongrass. The antibacterial and germicidal activity of Lemon Myrtle oil has been tested to be more effective at killing germs than Tea Tree oil. This makes it excellent oil for your homemade cleaning products.

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