

## QUICK REFERENCE SHEET

# LEMONGRASS

*Cymbopogon flexuosus*



Plant Family:  
Graminae



Extraction Method:  
Steam Distilled



Part Utilized:  
Leaves



**Region of  
Origin:**  
India

### AFFINITY FOR:

kidney, bladder, vascular system, parasympathetic nervous system, lymphatic system, circulation, solar plexus chakra, spleen meridian

### THERAPEUTIC PROPERTIES:

astringent, tonic, calmative, antiseptic, anti-infective, diuretic, digestive, antiparasitic, depurative, nervine

### AROMATIC CONSIDERATIONS:

Lemongrass has a woody but light fragrance which has an uplifting effect on mind, mood, and attitude.

### APPLICATION:

Dilute and apply to the feet or to any area of the body that is causing concern.

### ! CAUTIONS:

Overuse of Lemongrass can cause extreme skin irritation.

### INGREDIENT IN:

<sup>Le</sup>BeGone, <sup>Le</sup>Deeper, <sup>Le</sup>Energy, <sup>Le</sup>InsideOut, <sup>Le</sup>Intensity, <sup>Le</sup>Purify, <sup>Le</sup>Reflections, <sup>Le</sup>RefreshMint, <sup>Le</sup>Sunburst, <sup>Le</sup>TendaCare, <sup>Le</sup>Tomorrow, <sup>Le</sup>WakeUp, <sup>Le</sup>Woodland Path

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The aroma of Lemongrass awakens curiosity. It encourages us to go outside our usual boundaries and comfort zones. Lemongrass should be used to cleanse your energy system when you have been in negative situations or around negative people. Lemongrass can give us energy and reawaken compassion following emotional overload or collapse.

### PHYSICAL ASPECTS:

Lemongrass improves circulation, regenerates connective tissue, and repairs ligaments. Lemongrass is used for acne and for dissolving cellulite during weight loss programs. Lemongrass repairs the parasympathetic nervous system and improves eyesight. It is useful in bladder and kidney disorders and for healing varicose veins.

Two of the greatest benefits of Lemongrass is that it improves lymphatic drainage and gets oxygen flowing throughout the body. Lemongrass is one of the best oils for disinfecting and purifying around the house.