

LEMONGRASS



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Essential Oil *Cymbopogon flexuosus*

Used in aromatherapy

## Experience Wellness in Body & Soul

- **BODY:** When experiencing digestive discomfort, Lemongrass can act as a carminative and antispasmodic.
- **SOUL:** Lemongrass acts as a nervine and calmative, which enhances relaxation as well as helps to relieve headaches.

USAGES: Local application, body massage, topical application, sprays used for muscle pain/other topical use, bath, direct inhalation, steam inhalation, compresses



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