

Product Information and Traditional & Alternative Uses

Lemongrass essential oil is a very versatile oil that can be used many different ways to help to relieve muscle pain, support tendons, kill bacteria, ward off insects, and reduce body aches, and to help your digestive system. It is also a go-to essential oil to use in cooking as a flavoring agent or in an herbal tea to support your digestive system.

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| 1 G.I. SPASMS | 5 GASTRIC ULCER |
| 2 STOMACHACHE | 6 FEVER REDUCER |
| 3 HYPERTENSION | 7 COMMON COLD |
| 4 DETOXIFYING | 8 FLAVORING AGENT |

Primary Use - Detox & Digestive Aid:

STOMACHACHE/FEVER REDUCER/COMMON COLD: Make a digestive supportive lemongrass tea. Add one drop of lavender to a teaspoon of honey mix well. Add honey and lavender mixture to 8 oz of hot water.

ULCER: 1 drop with six drops of carrier oil. up to 2 times daily.

DETOXIFYING: 1 drop with six drops of carrier oil. up to 2 times daily

FLAVORING AGENT: Start with a toothpick dipped in the oil and stirred into the mixture, and then add more to taste as needed.

