



Lemongrass essential oil is a fresh smelling oil with great benefits as a muscle and skin toner, revitalizes the body and mind, and helps treating infections. People have used lemongrass in traditional medicine for pain relief, stomach problems, and fevers. Its antioxidant, anti-inflammatory, and antifungal properties may also give it other benefits.



Lemongrass oil

Wholly derived from *Cymbopogon citratus*, **lemongrass essential oil** is extracted through the process of steam distillation of fresh lemongrass leaves.

The main constituents are : geranial and neral.



Buying Ikirezi products means supporting these rural farmers and more !

Find us at: KN5Rd, Kigali

#74 Remera , Gasabo

Kigali-Rwanda

Tel: +250 785 489 111

Email: info@ikirezi.com Website: www.ikirezi.com



ikirezinat

Lemongrass oil can be used in:

Burners and vaporizers :(1-3 drops) in vapor therapy, Lemongrass oil can be used for nervousness and as an insect repellent. It is also great to revive the mind when feeling lethargic and to energize as well as relieving fatigue.

Blended massage oil or in the bath: lemongrass oil can be used in blended massage oil (0.7%) or diluted in the bath (7-8drops/full bath)to fight against cellulite, infections, nervousness, as a diuretic lemongrass oil can help ease digestive problems and purify the blood, it can help treat over exerted ligaments and acts as a general tonic.

Cream or lotion: (0.7%) when used in a lotion or a cream, it has value in clearing cellulite, as well as toning the skin, opening blocked pores and alliviate acne. The antiseptic properties are useful in treating athlete's foot and other fungal infections.

Although some people may have an allergic reaction to lemongrass oil, most people do not show an allergy when it is used in concentrations lower than 3%.