
TOP 10 USES FOR LEMONGRASS OIL

- 1. Ligament Support:** Combine with Deep Blue Soothing Blend for muscle and ligament support for athletes.*
- 2. Post Workout Massage:** Combine Fractionated Coconut Oil, and drops of 3 Lemongrass oil, 4 Basil, 5 Clary Sage and massage tight muscles. Repeat every 10 minutes if necessary. (Dr. Sue Lawton)*
- 3. Extra Strong Relief:** Mix Fractionated Coconut Oil, 2 drops Lemongrass, and 2 drops Lavender OR 2 drops Basil, and massage on the target area every 10 minutes. (Dr. Sue Lawton)*
- 4. Flavoring:** Use to flavor entrées and meat dishes while promoting healthy digestion.*
- 5. Natural Insect Repellent:** Combine with Eucalyptus and dilute oil; then rub or spritz on skin before going outside.*
- 6. Negativity Headache:** Blend 2 drops Lemongrass with 2 drops Lavender and apply to the temples. (Dr. Sue Lawton)*
- 7. Sore and Tired Feet Soak:** Add 3 drops Lemongrass to 2 tablespoons of Epsom salt in warm water and soak feet.*
- 8. Kidney and Bladder Recovery Support:** Combine 3 drops Lemongrass, 5 drops Cypress, 4 drops Basil and apply on the lower back and across the lower front of the abdomen. Continue for two days after symptoms are resolved. (Dr. Sue Lawton)*
- 9. Thyroid Balance:** Add 50 drops Lemongrass, 15 drops Frankincense, 5 Clove in a 10 ml roller bottle. Fill up with Fractionated Coconut oil. Use topically 2-3 times daily for several weeks. Reduce frequency as you see improvements.*
- 10. Clean Out Negative Energy:** Simply diffuse or wear Lemongrass oil to train your mind to stay positive.*

**Lemongrass can be hot, so please dilute with Fractionated Coconut Oil.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

