

LEMONGRASS

CYMOPOGON FLEXUOSUS

Country of Origin: India
Steam distilled from grass

Lemongrass (*Cymbopogon flexuosus*) is a steam-distilled oil drawn from the grass, valued for its sharp, lemony aroma and its strong affinity for the nervous system, skin, and connective tissue. Naturally rich in citral, it carries a toning, clarifying character and is known for supporting focus, easing nervous tension, and helping restore structure and tone within the body.

Its aroma is bright, crisp, and intensely citrus with a dry, herbaceous edge that cuts through mental fog and physical heaviness. It is often used when concentration is low, emotions feel tense or reactive, or when the body needs support in tightening, toning, or clearing excess oil and buildup.

In both aromatic and traditional use, lemongrass has been regarded as a clarifying and strengthening oil for supporting mental focus, skin balance, and overall structural integrity. It works by sharpening awareness, reducing excess, and helping the system return to a more defined, responsive state.

FUNCTIONAL CONSTITUENTS

Citral (Geranial + Neral)	The dominant aldehyde complex in lemongrass, citral gives the oil its sharp, lemony aroma. It is strongly associated with antimicrobial activity, skin toning, and helping reduce excess oil and buildup, while also supporting mental clarity and focus.
Myrcene	A monoterpene that adds a softer, slightly earthy undertone. Myrcene is known for its calming and anti-inflammatory properties, helping balance the intensity of citral while supporting comfort in muscles and connective tissue.
Limonene	Present in smaller amounts, limonene contributes a light, uplifting citrus note. It supports the oil's cleansing and refreshing qualities, helping promote a clearer, more balanced internal and external environment.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC10892616/ https://pmc.ncbi.nlm.nih.gov/articles/PMC11899488/ https://pubmed.ncbi.nlm.nih.gov/26366471/



HOW WE SOURCE

Lemongrass oil is shaped by the quality of the grass and the conditions in which it is grown. We look for *Cymbopogon flexuosus* cultivated in warm, humid climates where rapid growth allows the plant to develop a high citral content and a strong, well-defined aromatic profile.

The grass is harvested and steam distilled shortly after cutting to preserve its volatile compounds. Because lemongrass is valued for its intensity and clarity, proper timing and handling are essential. We look for oil that is bright, sharp, and distinctly lemony with a clean herbal edge, never dull, overly sweet, or lacking definition.

OUR LEMONGRASS IS:

- ✓ Steam distilled from fresh grass
- ✓ Unrefined and not standardized
- ✓ Naturally high in citral
- ✓ Harvested for strength and clarity
- ✓ Bright, sharp, and cleanly lemony

We look for oil that delivers a crisp, well-defined citrus profile with a dry herbal edge, an indicator of proper harvest timing and careful distillation. Dull, overly sweet, or flat oil signals poor handling or low citral content, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Bright, lemony aroma*
- Sharp, clean profile*
- Dry, herbaceous edge*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Dull or overly sweet scent*
- Flat or muddy aroma*
- Adulterated or extended oil*
- Clear or plastic packaging*

HOW TO USE LEMONGRASS

Lemongrass is commonly used when the goal is sharpening focus, reducing excess oil or buildup, and supporting muscle and connective tissue tone. It fits best into aromatic, topical, and environmental routines.

Aromatic

Diffuse 2–4 drops or inhale directly. Often used to improve concentration and bring clarity during mental fatigue or scattered thinking.*

Topical

Dilute with a carrier oil and apply to muscles, joints, or areas needing support. Commonly used to ease tension and support tone in connective tissue.*

Environmental

Add to cleaning solutions or sprays. Often used to purify surfaces and maintain a clean, fresh-smelling environment.*

Compress

Add 1–2 drops to warm or cool water, soak a cloth, and apply to the area. Commonly used to support muscle recovery and reduce localized discomfort.*

WHAT IT SUPPORTS

Lemongrass is traditionally used when the goal is reducing excess, improving clarity, and restoring tone across both mental and physical systems. It supports:

- Mental clarity, focus, and concentration*
- Reduction of nervous tension and fatigue*
- Healthy muscle and connective tissue tone*
- Skin balance, especially oily or congested skin*
- A clean, purified environment and surface hygiene*

Used consistently, it helps the system feel more defined, focused, and balanced, supporting clarity, structure, and a more responsive overall state.

LEMONGRASS IN THE STILLROOM

Lemongrass has long been kept in the stillroom as a clarifying, toning oil to be used when the system feels unfocused, overextended, or lacking definition. Distilled from the grass of *Cymbopogon flexuosus*, it is closely associated with sharpening mental clarity, reducing excess, and restoring a more structured, responsive state.

It is often reached for during periods of mental fatigue, scattered thinking, or when the body shows signs of excess oil, congestion, or weakened tone. This is not a soft or passive oil. It works with precision, helping tighten, refine, and bring clarity where there is diffusion. Used in small amounts, it supports a more focused, balanced state without heaviness or overstimulation.

MORE WAYS TO USE LEMONGRASS

Focus Reset

Inhale from palms before mentally demanding tasks. Commonly used to sharpen attention and reduce mental drift.*

Post-Workout Rub

Dilute and massage into legs or shoulders. Often used to support recovery and reduce tightness after exertion.*

Scalp & Hair Balance

Add 1 drop to shampoo or a carrier oil. Commonly used to reduce excess oil and support a cleaner scalp.*

Kitchen Degreaser Boost

Add to dish or surface cleaners. Often used to cut residue and leave a fresh, clean finish.*

Foot Refresh

Dilute and apply to soles of feet. Commonly used to reduce odor and support a clean, balanced skin environment.*

CAUTIONS

- Safety Group 2: Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.
- Avoid UV rays for 12 hours after topical application.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.


ZILARA

LEMONGRASS

cymbopogon flexuosus

STEAM DISTILLED • INDIA

Directions: For internal use, dilute 1 drop in 4 fl. oz. of water. For topical use, dilute with carrier oil and apply to desired area. For aromatic use, steep up to 10 minutes per hour.

Supplement Facts

Serving Size: 1 drop
Servings Per Container: About 200

Amount Per Serving ... 100% DV

Total Cymbopogon flexuosus 100% DV

Total Steam 100% DV

Total India 100% DV

Total Flexuosus 100% DV

Caution: Keep out of reach of children. Avoid contact with eyes. If irritation occurs, discontinue use in a cool, dark place. This product is not intended to diagnose, treat, cure, or prevent any disease.




10 mL / 0.34 fl oz