



Citronella Essential Oil

DESCRIPTION: A citrusy and green aroma that is known for its outdoor use in candles and sprays. Diffuse it to help create a calm and content mood.

TOP AROMATHERAPY BENEFITS: content • cleanse • calm

AROMA: Citrusy & Green

BLENDS WITH: Cedarwood, Lavender, Orange

INGREDIENTS: Cymbopogon nardus (citronella) oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a calming and cleansing aromatherapy experience.

Feel Calm

Diffuse or dilute and use topically on bottoms of feet to promote calm and content feelings.

Outdoor Spray

Citronella is commonly used in outdoor candles and sprays to repel bugs.

Create a natural outdoor spray with 1/2 cup apple cider vinegar and 5 drops each of citronella, lemongrass, peppermint, eucalyptus and rosemary.

Combine with water and spritz on sleeping bags, tents, fabric chairs, backpacks, etc to cleanse equipment during use and before putting into storage.

Deodorize Pet Areas

Use as a deodorizing spray for pet areas.

Shampoo Boost

Add a few drops to a small amount of shampoo to stimulate healthy hair.

Use on Dry Skin

Combine with carrier oil and use on dry skin.

Surface Cleaner

In a spray bottle combine 7 drops citronella and 7 drops rosemary essential oil, 1 cup distilled water, and 1/4 cup white vinegar. Shake well.

Encourage Relaxation

Dilute and apply to pulse points to encourage relaxation when experiencing PMS symptoms, head tension and stress.

Combine with carrier oil and apply to stomach to encourage relaxation when experiencing bloating or indigestion.

Body Cleanse

Add a few drops to carrier oil and apply to pulse points when trying to detox body.

DIY AROMATHERAPY BLENDS:

Bye Bye Bugs: Citronella + Lemongrass + Peppermint

Calm Down: Citronella + Bergamot

Citrusy: Citronella + Grapefruit + Lemon

Earthy & Herbal: Citronella + Patchouli + Rosemary

Fresh & Clean: Citronella + Eucalyptus + Lemon

Purify: Citronella + Peppermint

Refreshing Garden:
Citronella + Eucalyptus + Lavender