

RELAXING SOLUTION



LEMONGRASS & LAVENDER Relaxing Skin Tonic

Craft your own toning skin care mist.

Ingredients:

4 ounces distilled water

18 drops Aura Cacia® lavender essential oil

6 drops Aura Cacia® lemongrass essential oil

Directions: Add the essential oils to the distilled water, then pour into a spritzer bottle. Close your eyes and mist your skin. Keep this in the refrigerator and you'll have a refreshing, skin-toning facial care lift.

PLANT PART USED

leaves

SOURCE

India

AROMA PROFILE

fresh, grassy, lemon-like

AROMATHERAPY BENEFITS

cleansing, revitalizing, stimulating



Lemongrass *Cymbopogon flexuosus*

Aromatherapists value lemongrass for its ability to both calm and revitalize, to relieve tension, invigorate, and inspire. Lemongrass is also an effective cleansing and astringent ingredient in skin care preparations. Perfumists find that the fresh, earthy scent of lemongrass blends well with many other essential oils-like eucalyptus, geranium, juniper, lavender and rose.

For more information and recipes for every season visit www.auracacia.com



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