



Recipes with

Organic Lemongrass

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PRIMAVERA DIY RECIPES & RITUALS

Organic Lemongrass

The stimulating fragrance of lemongrass essential oil dispels listlessness, fosters creativity, and gives you a renewed zest for life

Fragrance Profile

Citrus-like, fresh, powerful

Benefit

Strengthens and refreshes the spirit and promotes concentration, bestows cheerful encouragement.

Symbopogon flexuosus

"SPRING ERESHNESS" Body and Massage Oil

- 50 ml Organic Sweet Almond Oil
- 6 drops of Organic Lemongrass
- 2 drops of Organic Juniper
- 1 drop of Organic Peppermint Mix the essential oils into the almond oil. The body oil is more easily absorbed if massaged into slightly damp skin.

"PURE MOTIVATION" Bland

- 1 drop of Organic Lemongrass
- 3 drops of Organic Grapefruit
- · 3 drops of Organic Lemon

While working or studying, add this concentration-promoting blend to your favorite fragrance warmer, diffuser or aroma stone

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Would you like more recipes and tips for using essential oils? Online courses and more DIY recipes at www.primaveralife.com