



Rwandan natural fragrance!

Ikirezi Natural Products is a community-interest business with the vision to be a leading producer of high quality essential oils and other natural plant products that maximizes profits to small farmers, holistically transforms communities, and strengthens agribusiness in Rwanda.

Lemongrass oil

Wholly derived from *Cymbopogon citratus*, 100% organic.

Lemongrass essential oil is a fresh smelling oil that can be used with success for fighting jet lag, cellulite and revitalizing a tired body and mind. It is also an excellent mosquito repellent. Common uses include:

Inhalation. Place 1 to 3 drops on a cloth to inhale. Or place 1 to 3 drops into a bowl of hot water, cover head and bowl with a towel, and inhale deeply for 2 to 5 minutes.

Diffuser. Turn on diffuser for 5 to 15 minutes intervals. Excellent as an air disinfectant, and also most effective method for inhalations. The oil is stimulating, energizing and a mild antidepressant.

Perfume. Use on its own (natural perfume) or blend artistically and imaginatively with other oils and perfumes.

Baths. For full bath, add 10 to 15 drops. For foot/hand bath, add 5 to 7 drops to a bowl of warm water. Mix well, and soak for 10 to 15 minutes. Lemongrass alleviates stress-related conditions and nervous tension.

Massage and Skin care. For a 2% dilution, add a total of 10 to 20 drops to 1 ounce of high quality vegetable oil (almond, sunflower, olive, etc)

Compress. Add 5 to 8 drops to 2 cups of water. Mix well. Soak a cloth, wring, then place on skin. Repeat every 15 minutes for up to one hour.

General use. Add a few drops in a bathroom, baby's room, office, closet, vehicle, cloth washing water, etc.. to create a lemongrass scented atmosphere.

Ikirezi Natural Products
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Essential oils have numerous medicinal virtues but should be handled cautiously:

- Due to their concentration, the essential oils must always be diluted.
- Avoid direct or indirect contact with eyes.
- Keep out of reach of children.
- Do not use for children under 3 years of age.
- Observe restrictions for pregnant women.

Lemongrass oil benefits:

1. Use in a massage to help relieve strained and aching muscles
2. Use in bath or massage to help reduce fever, boosts the nervous system and as good post-illness tonic
3. Add to lotion or bath to help balancing oily skin and excessive perspiration
4. Use in burner as insect repellent
5. Use in bath or compress to relieve the fungal infection of athlete's foot
6. Add to a massage oil to help stimulate breast milk flow

Other products on sale include: Eucalyptus oil,

Geranium oil and Patchouli oil

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