



Lemon Verbena Essential Oil (*Aloysia citrodora*)

Lemon Verbena Essential Oil (*Aloysia citrodora*) is steam-distilled from the leaves of a South American shrub in the Verbenaceae family. It has a bright, fresh, sweet lemony-herbaceous aroma that is uplifting yet calming—softer and more herbal than many pure citrus oils. It is widely used in aromatherapy, skincare, perfumery, and natural household products.

Chemical Composition

Major components include:

- **Citral** (geranial and neral) — primary compound responsible for the lemon scent and many therapeutic effects.
- **Limonene**.
- Others: α -curcumene, 1,8-cineole, citronellal, menthol, spathulenol, β -caryophyllene, and linalool.

These contribute to its antioxidant, antimicrobial, anti-inflammatory, and antispasmodic properties.

Key Benefits

- **Mood & Stress Support:** Uplifting and calming; helps reduce anxiety, nervous tension, mental fatigue, and stress while promoting emotional well-being and relaxation without drowsiness.
- **Sleep Support:** Calms the mind and creates a peaceful environment for better rest.
- **Digestive Aid:** Acts as an antispasmodic and carminative; traditionally used for indigestion, bloating, nausea, and abdominal discomfort (often via diluted topical application).
- **Muscle & Joint Relief:** Soothes sore muscles, cramps, tension, and minor aches after exercise or daily strain.
- **Respiratory Comfort:** Mild expectorant properties may ease congestion and support easier breathing during seasonal challenges.
- **Antimicrobial & Antioxidant:** Antibacterial (e.g., against *Staphylococcus aureus*), antifungal, and antioxidant activity; useful for skin support and natural cleaning.
- **Skin Care:** Tones, refreshes, and calms irritated skin; may help with blemishes and support a healthy complexion due to its cleansing and antioxidant properties.
- **Natural Deodorizer & Air Freshener:** Neutralizes odours and freshens indoor spaces.
- **Insect Repellent:** Its citrus-herbal scent helps deter mosquitoes and other insects.

Many benefits are based on traditional use, preliminary studies, and anecdotal reports. It is not a substitute for medical treatment.





Common Uses & How to Use

- **Diffusion / Aromatherapy:** Add 3–5 drops to a diffuser for mood uplift, stress relief, air purification, or relaxation. Excellent as a natural room deodorizer.
- **Topical Application:**
 - Dilute to 1–2% (6–12 drops per ounce of carrier oil such as jojoba, coconut, or sweet almond).
 - Use in massage oils for muscles, neck/shoulders, feet, or abdomen (for digestion).
 - Add to baths (3–5 drops pre-mixed with carrier or unscented product).
 - Incorporate into creams, lotions, or skincare for refreshing and antioxidant benefits.
- **Household:**
 - Add to DIY cleaners, surface sprays, or soaps for antibacterial action and fresh scent.
 - Natural room spray: 10–15 drops + 100 ml distilled water + 1 tsp witch hazel or alcohol.
- **Other:** Limited internal use (only under expert guidance); leaves are commonly used as tea.

Example Blends:

- **Relaxation:** Lemon Verbena + Lavender + Bergamot (or Chamomile).
- **Energizing/Uplifting:** Lemon Verbena + Lemon + Peppermint (or Spearmint).
- **Massage/Skin:** With Geranium, Frankincense, or Sweet Orange.

Blends Well With: Lavender, Bergamot, Lemon, Sweet Orange, Chamomile, Geranium, Frankincense, Ylang Ylang, Neroli, Palmarosa, Peppermint, Spearmint, and woody oils.

Aroma Profile

- **Scent:** Fresh, sweet, lemony with herbaceous, light floral undertones.
- **Strength:** Medium to strong.
- **Perfumery Note:** Top to middle note.

Safety & Precautions

- **Dilution:** Always dilute before topical use; perform a patch test.
- **Skin:** May cause irritation or sensitization in some people. It is potentially **phototoxic**—avoid sun exposure (up to 12 hours) on areas where applied.
- **Contraindications:** Avoid during pregnancy, breastfeeding, or with kidney issues. Use extra caution with children and pets.
- **General:** Keep out of reach of children and pets. Avoid contact with eyes and mucous membranes. Consult a healthcare professional before therapeutic use, especially if you have medical conditions or are on medication.
- **Storage:** Cool, dark place. Flammable liquid.

Lemon Verbena Essential Oil is a versatile, refreshing choice for aromatherapy, natural wellness, skincare, and home use. Its bright citrus-herbal profile makes it a favourite for both therapeutic blends and everyday fragrance.

