

MUDBRICK

HERB COTTAGE

Queensland Based Company Discusses The Benefits Of Lemongrass Essential Oil

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QLD based Mudbrick Herb Cottage is recommending that essential oil enthusiasts consider lemongrass essential oil when deciding on their next purchase. The store offers a range of essential oils and similar products, and they encourage customers to explore and be adventurous when deciding what works best for their needs.

As the name suggests, this essential oil is primarily made from East-Indian lemongrass, which is native to certain parts of the Asian continent. To produce it, manufacturers pass hot steam through raw lemongrass, causing the oil to evaporate. In turn, this allows it to be distilled and concentrated to acceptable standards, following which it is bottled for delivery.

In an article on the subject, the store says that lemongrass essential oil, "is one of the most versatile, beneficial essential oils on the planet. A therapeutic and aromatic powerhouse, this oil can boost your mood, relieve chronic pain, treat skin conditions and so much more. And if you aren't sure if it's right for you, don't worry; we'll break down each benefit of lemongrass oil, what it's made from, and how you can maximise each benefit to improve your quality of life."

While East-Indian lemongrass has many properties that contribute to its status as a staple in Asian dishes, its essential oil contains a number of natural compounds that build on this foundation even further. The primary active ingredients are citral, geranyl acetate and myrcene, each of which boast certain healing properties that work in conjunction with each other when mixed. Each also contributes to the essential oil's overall scent profile.

Citral, which is responsible for the majority of the essential oil's scent, is respected in the community for its antimicrobial and anti-inflammatory properties. Similarly, geranyl acetate and myrcene have been linked to skin cell regeneration and pain relief/mood enhancement, respectively.

In fact, many lemongrass essential oil lovers prefer using it for its mood-altering qualities, especially when used in aromatherapy. It can be inhaled directly from the bottle or dispersed throughout an area via a diffuser, and Mudbrick Herb Cottage says it can be used as a natural mood booster ? reducing anxiety and stress as well as relieving the sensation of fatigue. As a natural pain reliever, it can help alleviate headaches, muscle aches and even joint pain.

Mudbrick Herb Cottage goes on to point out that lemongrass oil possesses several qualities that make it an intriguing consideration for anyone who wishes to live as natural a lifestyle as possible. For instance, its strong antimicrobial properties (courtesy of citral) make it an excellent component in homemade disinfectants, along with water and white vinegar. On the other hand, it is safe to use topically, so in addition to offering therapeutic effects for skin health and as part of massage therapy, it can be turned into a natural air freshener.

The article says, "The vibrant, citrusy scent of lemongrass oil makes it a top pick for a natural deodorant. You can add a few drops of oil and some water to a spray bottle, then spray it to neutralise bad odours in the bathroom, kitchen and anywhere else around your home. Or, diffuse the smell throughout entire rooms to create a refreshing and uplifting environment. When sprayed or diffused, the antimicrobial properties can kill odour-causing bacteria and fungi."

One of the simplest ways to test the benefits of lemongrass essential oil may be to use it in aromatherapy. In a pinch, anyone can inhale the scent for a quick uplift, but many will prefer the effects more when experienced with the aid of a diffuser. Those dealing with a great deal of stress or who wish to maintain a calming environment throughout the day may use lemongrass oil and a diffuser to prolong the effect.

Mudbrick Herb Cottages clarifies, however, "When used properly, side effects are rare, but some people may experience minor effects like skin rashes, stomach discomfort or nausea. But by following these precautions, you can reduce or even eliminate these possibilities altogether." A full list of recommendations and other

pieces of advice can be found in the store's full article. It is available on the official Mudbrick Herb Cottage blog space.

Those in search of an organic essential oil may turn to Mudbrick Herb Cottage for all their needs. The store's Herb Nursery is also open to the public on certain days of the week, and all visitors are welcome.

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Mudbrick Herb Cottage

This family-owned brand is Australia's top seller of organically grown herb plants, dried herbs, herb tea, essential oils, and herbal skincare.

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