Lemon Myrtle

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Botanical Name	Backhousia citriodora
Part Used	Leaf
Origin	Australia
Class	Aldehyde
Extraction	Steam distilled
Color	Pale yellow
Viscosity	Medium
Perfume Note	Top
Aroma	Lemon-like
Therapeutic Action	Antiseptic, antiviral, antibacterial, anti-fungal, carminative, sedative
Uses	Athlete's foot, fungal infections, herpes simplex, bronchitis, colds, influenza, indigestion, improves concentration, relaxing, uplifting, sleep aid.
Constituents	Myrcene, linalool, nerol, citronellal, neral, geranial, linalyl acetate, cis-Verbenol, trans-Verbenol, 6-Methyl-5-hepten, geranic acid
Safety	Non-toxic, non-sensitizing, possible skin irritant.
Blends with	Other citrus oils

Information compiled from:
[Julia Lawless, The Illustrated Encyclopedia of Essential Oils (Boston, MA: Element Books, 1999)]
[Robert Tisserand, Essential Oil Safety (United Kingdom: Churchill Livingstone, 1999)]
[David G. Williams, The Chemistry of Essential Oils (United Kingdom: Micelle Press, 1997)]

General Safety Guidelines:
-Never use essential oils undiluted on the skin.
-Do not use essential oils on or near the eyes.
-Essential oils should not be taken internally.
-To check for allergic reactions or skin sensitization do a skin patch test before using a new oil. Place a small amount of the oil (diluted) on the inside of the forearm. If redness, itching, burning, or blistering occurs within 24 hrs. discontinue use.
-Some oils (such as citrus, pine) become sensitizing as they age. A good rule of thumb is to avoid using on the skin after about 6 months.
-If you have health conditions such as asthma, epilepsy, cancer, high blood pressure, etc. or are pregnant check the contraindications/cautions of the oils before use.
-Always use the smallest amount of oil that will do the job.
-Do not let children use essential oils without proper supervision.
-Essential oils are flammable. Keep away from fire and ignition sources.
-When in doubt consult with a qualified aromatherapist on the proper use of essential oils.
-Always remember that essential oils should never replace proper medical care. If you are under medical supervision consult with your practitioner before use.
-These safety guidelines are not to be considered complete and all-inclusive. When in doubt, consult your physician and/or a qualified aromatherapist.

Disclaimer Notice: This information is provided for educational purposes only. No claim is made to the accuracy of these statements nor is the information to be considered all inclusive of the properties of the respective essential oils. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.