

DATA SHEET

LEMON VERBENA

INCI name: *Aloysia triphylla*

Synonyms: Verbena, Herb Louisa

Typical Country of Origin: France

Product Specifications

It is a deciduous, perennial shrub that grows up to 5 meters (16 feet) in height and has a woody stem, very fragrant, delicate, pale green leaves and small, purple flowers. It is a native of Chile and is named after Marie Louisa, Princess of Parma. Lemon verbena oil must not be mistaken with "Spanish verbena", also referred to by some as "verbena oil", or with *Verbena officinalis*, which refers to the herb Vervain.

Technique of Extraction

Lemon verbena oil is extracted from the freshly harvested leaves by steam distillation. Lemon verbena oil has a lemony, sweet fresh aroma and is pale olive or yellow in colour. The main chemical components of lemon verbena are borneol, geraniol, linalool, nerol, citral, dipentene, limonene and myrcene.

Usage and Functions

- This essential oil is great to banish blues and depression while boosting liver function and helping the digestive and respiratory system and at the same time softening the skin and reducing puffiness.
- In aromatherapy the essential oil is mainly used for the nervous system.
- As a herbal infusion Lemon Verbena leaves are used in traditional herbal preparations and commonly used as a decongestant for colds and coughs.



Additional Information

The therapeutic properties of lemon verbena oil are antiseptic, antispasmodic, aphrodisiac, digestive, emollient, febrifuge, hepatic, insecticide, sedative, stomachic and tonic.

Aroma: Sweet, fresh, fruity-floral fragrance.

Herbal/ folk tradition: It is indicated especially in nervous conditions that manifest as digestive complaints. The dried leaves are still used as a popular household tea, both as a refreshing, uplifting 'pick-me-up' and to help restore the liver after a hang-over.

Digestive system: Used for cramps, indigestion, liver congestion.

Nervous system: Anxiety, insomnia, nervous tension and stress-related conditions.

This oil helps with nervous conditions, especially those that manifest as digestive complaints and is a wonderful liver tonic, while it has a softening effect on the skin and help to reduce puffiness as well.

- **Burners and vaporizers:** In vapour therapy lemon verbena oil can be used for nervous conditions, when trying to deal with stress, or when feeling down and depressed.
- **Blended massage oil or in the bath:** As a blended massage oil or diluted in the bath, lemon verbena oil can help with digestive problems and is a boost for liver functions, insomnia and the nervous system, helping to ease respiratory problems, such as bronchitis and sinus congestion. It is also used to tone the skin. Keep the possible sensitization of your skin in mind when adding it to your bath or massage blend.
- **Cream or lotion:** In a cream or lotion it can help to reduce puffiness and soften the skin, but use with care as it can sensitize the skin and cause phototoxicity.



In the digestive system, lemon verbena oil helps with cramps, indigestion and liver congestion and is helpful to restore the liver after a binge and when suffering from a hangover.

The stimulant action on the digestive system helps to digest fats and the excellent action on the liver helps in cases of cirrhosis, as well as alcoholism. It soothes the respiratory tract and calms heart palpitations. The calming action of the oil helps in sexual matters.

Lemon verbena oil helps to banish depression and relaxes as well as refreshes the body and mind, while uplifting the spirits and promoting stress control.

Lemon verbena oil blends well with:

Although many essential oils blend well together, Lemon verbena oil blends particularly well with lemon, elemi, neroli and palmarosa.

This information is believed to be current and accurate, but is provided without any warranty expressed or implied. Customers are advised to determine in advance the safe conditions for use of this product.

Please note, it is not recommended that Essential Oils be taken internally unless under the supervision of a Medical Doctor who is qualified in clinical Aromatherapy.