

# CITRONELLA

*Cymbopogon winterianus* 15ml

**Ingredients:** Pure Citronella Leaf (Grass) Oil

<b>Origin:</b> Indonesia	<b>Manufacture Process:</b> Steam Distillation	<b>Plant Part Used:</b> Leaf (Grass)
<b>Main Constituents:</b> Citronellal, Geraniol, citronellol, geranyl acetate		

A prized essential oil for use outdoors to defend against annoying insects, Améo Citronella provides a variety of unique benefits. It is purifying and supports normal immune system function. Its distinctive constituent profile makes it a good option to relieve sore muscles and support a normal inflammatory response. This citronella is the Java type, which has a lovely, complex, fresh, and lemony aroma that is mentally clarifying and uplifting.

## KEY BENEFITS

- Defends against insects
- Soothes sore muscles
- Helps relieve minor head and neck tension
- Cleanses and purifies the skin
- Provides antioxidant protection
- Aids normal immune system function
- Supports a normal inflammatory response

## DID YOU KNOW?

Citronella essential oil is extracted from one of two closely related species. The Java type, extracted from *Cymbopogon winterianus*, is darker in color than the Ceylon type (*Cymbopogon nardus*) and tends to have a sweeter and more citrusy aroma.

## SEE THE ZIJA DIFFERENCE

Visit [zjadifference.com](http://zjadifference.com), enter the unique batch code found on the bottom of your Améo Essential Oil bottle, and gain access to the tests performed on the essential oil and the results.

## SUGGESTED USES

- Mix Citronella oil with Améo Fractionated Coconut Oil and apply to skin when spending time outdoors to deter insect activity
- Massage 3 to 4 drops of Citronella oil with 2mL of Améo Aloe & Coconut+ Massage Blend to soothe sore muscles and joints after physical exertion
- Apply 1 to 2 drops of Citronella oil with 10 drops of Améo Fractionated Coconut Oil to the forehead, temples, and back of the neck to relieve tension
- Add 2 to 4 drops of Citronella oil to a Améo Targeted Release Veggie Cap and consume to support normal immune system function and to enjoy antioxidant protection
- Diffuse 5 or more drops of Citronella oil in your favorite Améo diffuser to cleanse and purify your local environment
- Take 2 to 4 drops of Citronella oil in a Améo Targeted Release Veggie Cap to support a normal inflammatory response; add 2 drops of Améo Cell Therapy for enhanced benefits
- Mix Citronella oil with carrier oil and apply to the skin to cleanse and purify

Caution: If pregnant or under the care of a physician, consult your medical practitioner prior to use. If any reaction or adverse effect occurs, discontinue use. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.  
 Note: Améo Citronella oil should be used for aromatic, topical, and dietary supplement use only.

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