

## 10 ml Lemon Verbena Essential Oil



**Brand:** Ancient Wisdom

**Product Code:** EO-64

**Availability:** In Stock

**Weight:** 0.04kg

**Price:** £3.65

### Description

Latin Name : Aloysia Triphylla  
Part Of Plant Used : Herb  
Source : Spain  
Extraction Method : Steam Distillation  
Emotionally and energetically, this Lemon Verbena Essential Oil can help relieve anxiety and depression. Its sedative and aphrodisiac properties make it helpful for relaxing the mind and uplifting and improving one's mood. Using lemon verbena essential oil is a popular herbal remedy with a stimulating scent, and has a wide range of potential health benefits when used properly. With its expectorant properties, verbena oil is often used to loosen phlegm, clear congestion and soothe the associated pain of a hacking cough. What's more, the high citral content means it can often kill the bacteria found in mucus. The physical relief induced by verbena is well-established, but it has many mentally therapeutic benefits too. Verbena's presence in body mists, massage oils, candles and diffusers can inspire and stimulate the mind, providing sweet relief from the lethargy and monotony of the daily grind.

### Product Gallery

