

AUST L 370236
AU SKU: 60218060



dōTERRA® LEMON

Citrus limon oil essential 1 mL/mL

Clean, fresh, citrus, bright

Aromatic description

Breathe in the refreshing and uplifting aromas of lemon oil, while also reaping some of the therapeutic wellness benefits of this antioxidant rich oil.

The powerfully fresh and positive fragrance of lemon oil can help support your wellbeing, as well as stimulate blood flow and enhance your mental function. Traditionally, lemon essential oil has been used as an aromatherapy remedy to support many areas of health such as cognition, blood flow, digestive health and immune health.

PRIMARY BENEFITS

TRADITIONALLY USED IN AROMATHERAPY TO:

- Relieve mild rheumatic aches and pains
- Relieve symptoms of mild arthritis /mild osteoarthritis
- Relieve symptoms of occasional episodes of gout
- Help promote blood circulation to the peripheral areas of the body (legs, hands and feet)
- Decrease symptoms of mild varicose veins
- Support healthy digestion
- Reduce occurrence of nausea & vomiting
- Help enhance immune system function
- Relieve symptoms of stress
- Increase mental endurance/stamina
- Promote mental alertness
- Support healthy mood balance
- Help relieve the severity of symptoms of common colds and flu
- Relieve the severity of symptoms of mild upper respiratory tract infections
- Help reduce warts

OTHER BENEFITS:

- Antioxidant - reduce free radicals formed in the body
- Stimulate blood flow to skin
- Enhance cognitive performance

PRODUCT DESCRIPTION

Enjoy the unrivalled versatility of our bestselling dōTERRA® Lemon essential oil, a permanent part of our Therapeutic Wellness Range. Listed on the Australia Register of Therapeutic Goods (ARTG), Lemon essential oil has a multitude of therapeutic benefits and uses. With a clean, fresh and crisp aroma, it can also uplift your space, energise your home cleaning and enliven your recipes. Surround yourself with lightness, cheer and joy with Lemon essential oil.

DIRECTIONS FOR USE

INHALATION: Add 8-12 drops in a vaporiser and inhale slowly and deeply.

Add 8-12 drops into hot water and inhale slowly and deeply.

Add 1-2 drops onto a tissue, hold near the nose and inhale

FOOD FLAVOUR USE: Add one or two drops to food.

Dilute 1 drop in a glass of water or tea, and drink immediately

TOPICAL USE: Dilute 1-2 drops of oil with 2-4 drops of carrier oil and apply to affected area.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product. Application to skin may increase sensitivity to sunlight.

PLANT PART: Lemon rind (peel)

EXTRACTION METHOD: Cold pressed/expressed

MAIN CHEMICAL COMPONENTS: Limonene,β-pinene,γ-terpinene



Certified Pure Tested Grade

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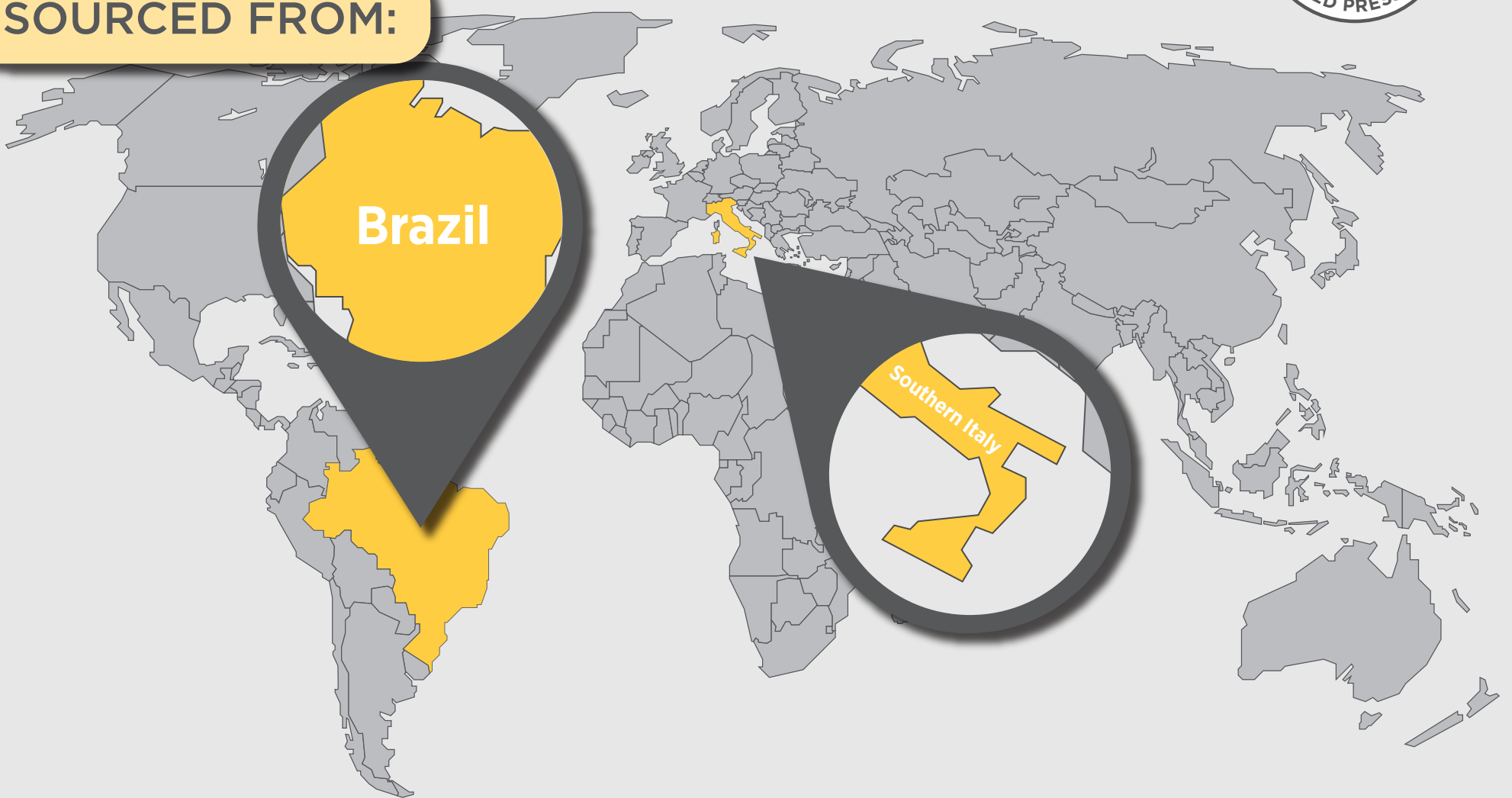
ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Lemon

A T I N



SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:

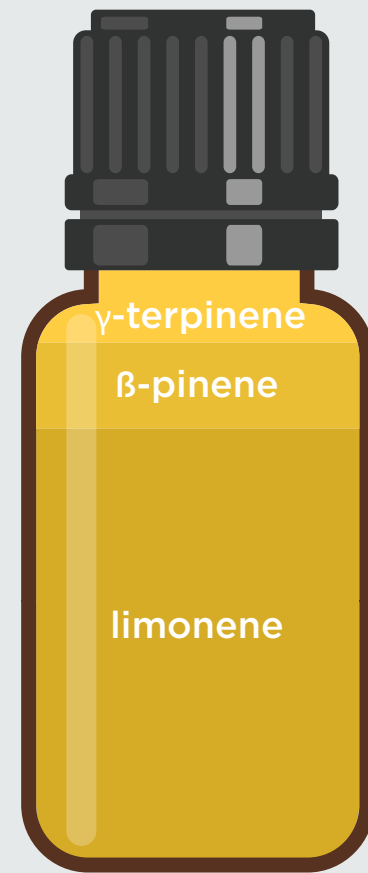


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It takes approximately 3.2 kilograms of lemon peel to produce 15 mL of Lemon essential oil.*

CHEMISTRY:



The main chemical constituents and associated benefits of lemon are:

γ-terpinene
β-pinene
limonene

cleansing*
immune support*
uplifting
cleansing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

1500+

Published studies about the benefits of lemon

77

Human Clinical Trials

Numbers according to PubMed as of December 2017

FUN FACT

In one year, a single lemon tree has the potential to produce between 270 and 280 kilograms of lemons.

WORKS WELL WITH:

