

# Lemon

*Citrus limon* 15 mL

dōTERRA®

Product Information Page



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Lemon rinds (peel)

**Extraction Method:** Cold pressed/expressed

**Aromatic Description:** Clean, fresh, citrus, bright

**Main Chemical Composition:** Limonene,  $\beta$ -pinene,  $\gamma$ -terpinene

**Lemon** | *Citrus limon* 15 mL

**30121813**

## Primary Benefits

- + Provides an uplifting, positive aroma
- + Cleanses household surfaces
- + Helps remove sticky residue and grease
- + Adds a bright, citrus flavour to water and cooking recipes

## Description

An essential addition to any home, Lemon essential oil can be used to freshen the air and energize the environment. Rich levels of limonene give Lemon oil exceptional surface cleansing properties, perfect for keeping commonly used household surfaces clean. In the kitchen, a drop of Lemon can enhance the flavour of your favourite recipes and beverages. When added to water, Lemon oil gives a bright taste that helps encourage hydration throughout the day.

## Uses

- + Add Lemon essential oil to a spray bottle with water to clean tables, countertops, and other surfaces.
- + Place a few drops on a rag to help remove stubborn, sticky residues from labels or adhesives.
- + Place a few drops on a cloth to clean and polish wood finishes.
- + Add Lemon oil to your daily water and favourite recipes for a refreshing citrus flavour.
- + Diffuse Lemon oil to create an uplifting environment.

## Directions

**Diffusion:** Use three to four drops in the diffuser of choice.

**Internal use:** Dilute one drop in 120 mL of liquid.

**Topical use:** When used topically, dilute with carrier oil to minimize skin sensitivity.

## Cautions

Possible skin sensitivity. Keep out of reach of children. 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.