

# Lemon

*Citrus limon* 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



CPTG™

## PRIMARY BENEFITS

- Can be used to add a refreshing flavour to water or a myriad of recipes from savoury to sweet desserts.
- Cold pressed from lemon rinds to preserve its delicate nature and useful, potent properties.
- Uplifting and energising properties that promote a positive mood with its invigorating aroma.

## PRODUCT DESCRIPTION

One of dōTERRA's top-selling essential oils, Lemon has multiple benefits and uses. Lemon is frequently added to food to enhance the flavour of desserts and main dishes. Lemon has an uplifting, energising aroma.

## USES

- Add Lemon oil to your water for a refreshing taste or as an alternative to sodas and sugary drinks.
- Add Lemon oil to your favourite treats and dessert recipes for a sweet and zesty punch.

## BAKING WITH LEMON

Are you a fan of lemon-infused desserts? You can add a sweet and zesty punch to your favourite treats and dessert recipes when you add a little Lemon essential oil. When used properly, Lemon essential oil often adds a sweet, sugary taste to desserts, without the processed sugar or other alternative ingredients. Your favourite lemon-flavoured treats are waiting to be transformed – try your hand at baking with Lemon oil today!

## DIRECTIONS FOR USE

For food flavouring.

## CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. Keep out of eyes and mucosa. In case of skin contact, avoid sunlight and UV rays for at least 12 hours after applying.

