

# Lemon

*Citrus limon* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



#### Application:



#### Plant Part:

Lemon rinds (peel)

#### Extraction Method:

Cold pressed/expressed

#### Aromatic Description:

Clean, fresh, citrus, bright

#### Main Chemical Components:

Limonene,  $\beta$  pinenes,  $\gamma$ -terpinene

## PRODUCT DESCRIPTION

The top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. When diffused, Lemon is very uplifting and energizing and has been shown to help improve mood.

## USES

- Diffuse to create an uplifting environment and promotes a positive mood.
- Dilute with coconut oil for a daily fingernail conditioning massage
- Use with Peppermint in water for a refreshing mouth rinse
- Place a few drops of lemon essential oil on a cotton ball and place in room to remove odour and freshen room

## DIRECTIONS FOR USE

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

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

## PRIMARY BENEFITS

- Cleanses and purifies the air
- Improves mood with its energizing and invigorating aroma

## 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.

