

# LEMON

*Citrus limon 15 mL*

*Clean, fresh, citrus, bright*

*Aromatic description*

## PRIMARY BENEFITS

- Refresh and uplift. Add one or two drops of Lemon Essential Oil to water to create a refreshing and citrusy boost you can reach for throughout the day.
- Invigorate your senses with the fresh and cleansing aroma of Lemon Essential Oil. Diffuse Lemon to create a focused environment and help revive and elevate lagging spirits.
- Lemon Essential Oil, with its fresh and clean scent, can be incorporated into your daily household cleaning routine and used throughout the home.

## PRODUCT DESCRIPTION

This top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. With a clean refreshing, crisp uplifting aroma to help brighten the day.

When added to water, Lemon provides a refreshing citrus flavour boost.

Lemon is frequently added to food to enhance the flavour of desserts and main dishes.

When diffused, Lemon essential oil has very uplifting and an energising aroma, ideal when searching for some feelings of lightness, cheer and joy.

## DIRECTIONS FOR USE

**DIFFUSION USE:** Use three to four drops in a diffuser of your choice.

**FOOD FLAVOUR:** Dilute one drop in 120 mL of liquid.

**CLEANING USE:** Add five to ten drops to a 250mL spray bottle of water (and shake vigorously) to clean tables, countertops, and other surfaces.

See additional precautions to the right.

## 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 rinds (peel)

**EXTRACTION METHOD:** Cold pressed/expressed

**MAIN CHEMICAL COMPONENTS:** Limonene,  $\beta$ -pinene,  $\gamma$ -terpinene



Certified Pure Tested Grade

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