

# Lemon

Essential Oil Supplement 5 mL

dōTERRA®

Product Information Page (UAE)



**Application:** 1

**Ingredients:** Citrus Limon (Lemon) Peel Oil

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

**Lemon** | Essential Oil Supplement 5 mL  
**60223740**

## Primary Benefits

- + Cold pressed from lemon rinds to preserve its delicate nature and useful, potent properties.
- + Uplifting and energizing properties that help improve mood.
- + Promotes overall health and wellness.

## Description

The top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. When added to water, Lemon essential oil provides a refreshing and healthy boost throughout the day. Lemon essential oil is frequently added to food to enhance the flavour of desserts and main dishes.

## Uses

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

## Directions

**Internal:** Dilute one drop in 120 mL of liquid. Take it once a day.

## Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas. In the event of skin contact avoid sunlight or UV rays for at least 12 hours following contact.