

Lemon Oil (NHP)

Citrus limon 15 mL

dōTERRA® CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A | T | N

Plant Part: Fruit peel

Collection Method: Cold Pressed

Main Constituents: Limonene, β pinenes, γ -terpinene

Aromatic Description: Clean, fresh, citrus, bright

Lemon (NHP) | Essential Oil 15 mL

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Primary Benefits

- Used in aromatherapy to help relieve colds and cough.

Description

Lemon is one of the top-selling doTERRA essential oils, cherished for its bright, citrusy scent and versatile applications. As a registered natural health product, Lemon essential oil provides valuable wellness benefits when used in aromatherapy. NPN: 80060961

The aroma of Lemon is clean, pure, and invigorating. When used in aromatherapy—such as through diffusion, steam, or topical application—NHP Lemon essential oil can help relieve colds and cough. Diffuse Lemon oil during key points of the year and during seasonal changes to most effectively experience its therapeutic benefits.

Uses

- Used in aromatherapy to help relieve colds and cough.

Directions

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

Topical Use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

Cautions

Not for oral use. Keep out of reach of children. External use only. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. If accidental ingestion occurs, seek urgent medical attention or contact a Poison Control Center. Consult a health care practitioner prior to use if you have epilepsy or asthma, or if symptoms persist or worsen. If you are pregnant or breastfeeding do not use this product. Do not expose the applied area(s) to the sun for 24 to 48 hours after application. If you experience nausea, dizziness, headache, or an allergic reaction, discontinue use. For prolonged use, consult a healthcare practitioner.