

# Lemon

*Citrus limon* 15 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Lemon rinds (peel)

**Extraction Method:** Cold pressed/expressed

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

**Main Chemical Components:** Limonene,  $\beta$ -pinene,  $\gamma$ -terpinene

## Lemon

*Citrus limon* 15 mL

Part Number: 30121813

Wholesale: \$14.00 CAD

Retail: \$18.67 CAD

PV: 11.50



## PRODUCT DESCRIPTION

Renowned for its cleansing and invigorating abilities, Lemon is a top-selling dōTERRA favorite because of its versatility. Lemon is frequently added to food to enhance the flavor of desserts and main dishes. Whether it is used as a naturally sourced cleaning agent in the home or to brighten a room with its invigorating aroma, Lemon essential oil holds countless benefits for any user.

## USES

### Cosmetic

- Add to hand soap to help eliminate grease after working on a car or bike.
- Incorporate into skincare routine to give complexion a refreshed, healthy-looking glow.
- Combine with baking soda and coconut oil, rub on teeth for two minutes, and rinse for a brightening effect.

### Food

- Add two drops to water for a thirst-quenching flavor.
- Use in favorite dessert recipes for a refreshing citrus flavor.

### Household

- Place a few drops of Lemon on a rag to help remove stubborn, sticky residue.
- Add to a spray bottle of water to clean tables, counter tops, and other surfaces.

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 120 mL of liquid.

**Topical use:** When used topically, dilute with carrier oil to minimize skin sensitivity.

## 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.