

Lemon

Citrus limon 5 ml

dōTERRA® | INDIA

Product Information Page



Application: A I S

Plant Part: Lemon rinds (peel)

Extraction Method: Cold pressed/expressed

Aromatic Description: Clean, fresh, citrus, bright

Main Chemical Components: Limonene, β -pinene, γ -terpinene

Lemon | *Citrus limon* 5 ml

SKU: 60219321

Primary Benefits

- + Tangy food flavoring
- + Uplifting, positive aroma

Product Description

The top-selling dōTERRA essential oil, Lemon essential oil 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 flavor of desserts and main dishes. Taken internally, Lemon essential oil provides support for the digestive system and immune function. When diffused, Lemon essential oil has an uplifting aroma.

Uses

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

Directions for Use

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

For Use in Food: Dilute one drop in four fluid ounces of liquid.

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 at least 12 hours after applying product.