

# Lemon

Citrus Limon 15 ml

dōTERRA® | INDIA

Product Information Page



**Application:** A T S

**Plant Part:** Lemon peel

**Extraction Method:** Cold pressed/expressed

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

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

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SKU: 60219317

## Primary Benefits

- + Nourishes the skin when used with caution and moderation
- + It can help brighten and preserve skin tone due to its antioxidants
- + Nature's clean crisp scent to aid feelings of clarity and invigoration
- + Sharp, clean refreshing aroma for diffusion or use on surfaces

## Product Description

The top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. Lemon essential oil can help nourish the skin when used as a gentle exfoliating agent which in turn helps remove dead skin. Lemon essential oil and its powerful crisp uplifting scent, can be used as a natural cleaner throughout the home. When diffused, Lemon essential oil is very uplifting and energizing and promotes feelings of lightness, cheer and joy.

## Uses

- + Helps maintain clear skin and it enhances a natural glow when used with your usual facial cleanser once daily only a few times a week. Follow any other step of your skin care routine.
- + Lemon essential oil has natural antioxidants which help nourish tired skin when used topically. It is important to avoid direct sunlight for at least 12 hours after using Lemon essential oil on the skin.
- + Add Lemon essential oil to a spray bottle of water to clean tables, countertops, and other surfaces. Lemon essential oil also makes a great furniture polish; simply add a few drops to olive oil to clean, protect, and shine wood finishes.\*
- + Use a cloth soaked in Lemon essential oil to preserve and protect your leather furniture and other leather surfaces or garments.\*
- + Lemon essential oil is a great solution for the early stages of tarnish on silver and other metals.
- + Diffuse to create an uplifting environment.

## Directions for Use

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

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

## 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 and UV rays for at least 12 hours after applying product.

\*Always check manufacturer's instructions for surface care.