

# Lemon Myrtle

*Backhousia citriodora* 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T D

**Plant Part:** Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Sweet, lemony, slightly herbal

**Main Chemical Components:** Citral (geranial and neral)

## PRIMARY BENEFITS

- Cleansing to surfaces

## PRODUCT DESCRIPTION

Lemon Myrtle essential oil is distilled from the citrus-scented leaves of the subtropical lemon myrtle plant. Native to Australia, lemon myrtle has long been used by indigenous Australians as an herbal health aid. In addition, citral is known for its cleansing properties when needed most. The aroma of Lemon Myrtle is a great essential oil to diffuse when in need of a boost of positivity.

## USES

- Add a few drops to your diffuser to help clear the air and promote feelings of wellness and vitality throughout the home.
- Use during meditation.
- To help create a fresh atmosphere blend with Eucalyptus, Siberian Fir, or Thyme.

## DIRECTIONS FOR USE

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

**Topical use:** Dilute one to two drops with a carrier oil then apply to desired area. 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.

