**Lemon**  
*Citrus limon*  15 mL

**PRODUCT DESCRIPTION**
The top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. Lemon is a powerful cleansing agent that purifies the air and surfaces, and can be used as a non-toxic cleaner throughout the home. When added to water, Lemon provides a refreshing and healthy boost throughout the day.* Lemon is frequently added to food to enhance the flavor of desserts and main dishes. Taken internally, Lemon provides cleansing and digestive benefits.* When diffused, Lemon has an uplifting aroma.

**USES**
- Add Lemon oil to a spray bottle of water to clean tables, countertops, and other surfaces. Lemon 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 oil to preserve and protect your leather furniture and other leather surfaces or garments.
- Lemon oil is a great remedy 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.  
**Internal use:** Dilute one drop in four fluid ounces of liquid.  
**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.

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