

Lemon

Citrus limon 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I N

Plant Part: Peel

Extraction Method: Cold-pressed

Aromatic Description: Clean, fresh, citrusy

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

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Primary Benefits

- + Freshens the air and cleanses household surfaces.
- + May support digestion and natural cleansing when ingested*
- + Creates a bright, fresh environment

Description

Unmistakably fresh and familiar, CPTG® Lemon essential oil offers many benefits and applications. Known for its crisp, citrusy aroma, Lemon creates a bright and uplifting atmosphere. A great addition to your home, Lemon can be used to freshen the air and cleanse most hard surfaces effectively and naturally. Lemon can be also be used to enhance the flavor in your favorite recipes and beverages. When consumed, Lemon may support a healthy digestive and nervous system, due to its significant limonene content.*

Uses

- + Diffuse to create an inspiring atmosphere.
- + Mix with water in a spray bottle and mist on surfaces for cleaning.
- + Add a few drops to olive oil and rub onto wood surfaces to clean and protect.
- + Apply to metal surfaces to address initial signs of tarnish.
- + Include a few drops in a favorite recipe or add to water for a revitalizing beverage.

Directions

Aromatic use: Add 3 to 4 drops to the diffuser of choice.

Internal use: Dilute 1 drop in 4 fluid ounces of liquid.

Topical use: Apply 1 to 2 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're 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.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.