

# Lemon Essential Oil



## Product Details

**Botanical Name:** *Citrus limonum*

**Country of Origin:** Italy

**Extraction Process:** Cold Pressed

**Part of the Plant Used:** Peel



**Description:** Lemon Essential Oil has a fresh, zesty aroma. Although the true origin of the Lemon is unknown, it is believed to be Northwestern India. Lemons were introduced to Italy in 200 A.D, and well loved and used in many of their cuisines to this day. The lemon fruit is one of the most used and viable citrus' in the world. It is a staple to most countries being used in their food, cleaning supplies, soaps, and body washes. Lemon Essential Oil that is cold pressed from the Lemon is commonly used for cleaning, diffusing, detoxifying, and respiratory irritation.

**Common Uses & Benefits:** Lemon has been traditionally used to help digestive problems, loss of appetite, detoxing, cellulite, bronchial conditions, influenza, sore throat, laryngitis, varicose veins, hemorrhoids, acne, skin infections, herpes, abscesses, physical exhaustion, fatigue, debilitation, anxious depression, nervous tension, and focus.

**Therapeutic Properties:** Anti-infectious, Antifungal, Antimicrobial, Antiseptic, Antispasmodic, Antiviral, Astringent, Calmative, Carminative, Cicatrisant, Circulatory Stimulant, Depurative, Digestive, Diuretic, Hemostatic, Monoterpene, Stimulant, Tonic, Vermifuge.

**Directions:** Recommended to properly blend in a carrier oil prior to topical applications. We recommend a dilution no greater than 2%. Patch test before use in case of sensitivity.

### Blends Well With:

Lavender, Lemongrass, Lime, Geranium, Carrot Seed, Coriander, Vetiver.

**Cautions:** Possible skin sensitivity. Oil is phototoxic, stay out of direct sunlight for up to 12 hours after application. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician.

These statements and products have not been evaluated by United States Food and Drug Administration and are not approved to diagnose, treat, cure, or prevent disease. The information given is not intended as a substitute for advice from your physician or other health care professional. Please also note the difference between herbs, natural foods, and essential oils.

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