

Lemon

Benefits of Lemon

- Cheerful, uplifting citrus aroma
- Aids detoxification
- Cleanses and purifies the air and surfaces
- Supports healthy respiratory function
- Soothes occasional nausea
- Supports healthy immune responses
- Cleanses mouth and teeth
- Excellent at removing sticky residues
- Useful ingredient in homemade cleaning products and culinary recipes



Italy and Brazil

dōTERRA sources Lemon Essential Oil from Italy and Brazil, where plants thrive in the warm climate and fertile soil. The lemons in Italy can grow to the size of soft balls. dōTERRA mostly sources from the island of Sicily. A small portion of lemons are sourced in Brazil, as the climate there is similar to that in Southern Italy. dōTERRA has expert growers that yield high quality lemons with excellent chemistry.

Co-Impact Sourcing® | See our info sheet on dōTERRA Co-Impact Sourcing

[LINK](#)

Emotional Support

- The Oil of Focus
- Nourishes the mind and aids concentration
- Good for children struggling with school
- Brings clarity, restores energy and provides the drive to compete projects
- Clears self-judgements and restores confidence in Self
- Brings joy and playfulness
- Uses: hopelessness, confusion, inability to focus, mental fatigue, guilt, learning issues, lack of energy and joy, anxiety

www.enlightenhealing.com

The science behind Lemon Essential Oil

Lemon essential oil is high in the chemical constituent *limonene*, which is powerfully cleansing, both internally and externally. It also contains *beta-pinene*, a constituent known to help reduce anxious feelings and support both the immune and respiratory systems. Another constituent is *gamma-terpene*, a *monoterpene* that helps protect against environmental threats.

Citrus Oils and Photosensitivity

Lemon essential oil is commonly cold pressed, which essentially means the fruit goes through a machine that squeezes out the essential oil from the peel. This process means the presence of *furancoumarins* in trace amounts are present in the essential oil. These are a type of chemical constituent that reacts with ultraviolet rays. Therefore, caution is required when using Lemon essential oil topically.

Skin Sensitivity

Lemon essential oil may cause skin rash in people with sensitive skin. Test the essential oil on a small patch of skin before applying liberally.

Photosensitivity

Citrus oils including Lemon essential oil do not mix well with sunlight and can cause negative reactions including sunburn, skin discoloration and even blistering. Avoid direct sunlight or UV rays for at least 12 hours after using Wild Orange essential oil.

How to use



- Add 1-3 drops to water for antioxidant support and gentle internal cleansing.
- Create a non-toxic household cleaning spray in a glass spray bottle – use lemon and other citrus oils mixed with white vinegar and water. **RECIPE**
- Diffuse to create an uplifting environment.
- Add 1-2 drops to warm water and honey to soothe a sore throat.
- Use 2 drops each of Lemon, Lavender and Peppermint in a veggie capsule to promote seasonal respiratory comfort.
- Use 2-3 drops or more to remove sticky residue off surfaces, carpets or hair.
- Add a few drops to olive oil to clean, protect and shine wood surfaces.
- Mix a few drops with baking soda to scrub dirty pots and pans.
- Use to polish silver and other metals in the early stages of tarnish.
- Use a cloth soaked in Lemon essential oil to preserve and protect leather furniture.
- Use in baking and cooking. Here are some examples:

www.doterra.com/US/en/blog/recipe-kale-chips | Lemon Kale Crisps

www.doterra.com/US/en/blog/recipe-blueberry-lemon-muffins | Blueberry Lemon Muffins

Warm Embrace Roller Blend – best blend for when you need a hug!

Sometimes life feels overwhelming and you just need a shoulder to cry on.

This blend makes you feel relief and like everything is going to be ok.

4 drops Cinnamon
6 drops Tangerine
4 drops Eucalyptus

2 drops Cassia
3 drops Lemon
4 drops Cardamom

Taken from *I Am Fabulous: Blends for Emotional Well-being* by Desiree Mangandog

www.oilsforlifeaustralia.com.au