



Lemon

Citrus Limon Essential Oil

Lemon reduces acidity in the body, thereby assisting in digestion, and is highly cleansing and purifying, which makes it one of the most commonly used and versatile oils. It is also used to promote an energized and uplifted mood.

Size: 15ml

Size: 5ml

APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

Primary Benefits

Use as a cleansing agent in your home, use for colds, voice loss and depression, cleanse and purify the air, add to water to naturally cleanse the body and aid in digestion, supports healthy immune function, uplifts mood and can calm feelings of anxiousness and stress.

Directions for Use

Diffusion: Use three to four drops in a diffuser

Internal use: Dilute one drop in 4 fl. oz. of liquid

Topical use: Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

Aromatic Description

Clean, fresh, sharp, citrus, bright

Collection Method

Cold Pressed/Expression

Plant Part

Lemon rinds (peel)

Main Constituents

Limonene, B pinenes, γ -terpinene

Description

Lemon essential oil has many benefits and uses. Because it is a powerful cleansing agent, Lemon can be used throughout the house to purify the air and clean surfaces. Lemon can be very beneficial to the circulatory system and aids with blood flow, reducing blood pressure. It can also help bring down fever, help relieve throat infections, bronchitis, asthma and flu. Add Lemon essential oil to your water for a healthy start to your day, as well as part of a daily regimen in cleansing and aiding digestive function. Lemon also supports healthy respiratory function. When diffused, Lemon is very energizing and uplifting and has been shown to improve mood. Lemon can also be added to food to bring out the flavor in the dish.

Uses

- Diffuse for colds, voice loss, flu, depression, stress, and lack of energy
- Take internally along with peppermint and lavender to support seasonal distress
- Add Lemon essential oil to a spray bottle of water to clean all surfaces in your home. You can also use Lemon essential oil in a DIY furniture polish.
- Use lemon to pull stickers off of frames and to get markers off of walls
- Add to water to cleanse and detoxify as well as a mouth wash or gargle
- Diffuse to uplift mood and clean the air
- Add to base cream to clear congested skin

Properties

Anti Anemic, Anti-Bacterial, Anti-Microbial, Anti-Rheumatic, Antiseptic, Carminative, Diaphoretic, Diuretic, Insecticidal

**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.*



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