

Lemon

Citrus limon 15 ml

dōTERRA® | EUROPE

PRODUCT INFORMATION PAGE



Plant Part: Lemon rinds (peel)

Extraction Method: Cold pressed/expressed

Aromatic Description: Clean, fresh, citrus, bright

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

PRIMARY BENEFITS

- Food flavouring
- Promotes a positive mood when applied topically

Lemon

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Part Number: 30120001



PRODUCT DESCRIPTION

One of dōTERRA's top-selling essential oils, Lemon has multiple benefits and uses. When added to water, Lemon provides a refreshing and healthy boost throughout the day. Lemon is frequently added to food to enhance the flavour of desserts and main dishes. Lemon has an uplifting, energising aroma and promotes feelings of lightness, cheer and joy.

USES

- Add Lemon oil to your water for a refreshing taste or as an alternative to sodas and sugary drinks.
- Add Lemon oil to your favourite treats and dessert recipes for a sweet and zesty punch.
- Add one to two drops of Lemon oil to your soap mixture and give your hands a good scrub.
- Put one to two drops of Lemon oil in a spray bottle of cleaning solution for an invigorating scent while you clean tables, countertops, and other surfaces.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Food additive use: Dilute one drop in 125 ml of liquid.

Topical use: For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil.

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 or UV rays for up to 12 hours after applying product.