



## Ice E Oil Essential Oil Data Sheet

California Lemon Ice E Oil Pure Essential Oil

**Common Name:** California Lemon

**Latin Name:** *Citrus limon*

**Other names:** lemon, cedro oil

**Family:** Rutaceae

**Source:** The outer part of the fresh peel of the fruit is cold expressed and distilled to obtain the essential oil.

**Description:** Lemon essential oil has a bright, fresh, intense fruity aroma with none of the sourness associated with the fruit juice.

**Extraction Method:** Lemon essential oil is obtained by cold expression – a process that involves prodding and pricking the rind. The punctured rind releases the essential oil that is collected and separated from the fruit juice by centrifugal force. Oil collected this way has a higher quality aroma than that of the distilled variety, but is also phototoxic.

**Country of origin:** USA

**History:** The lemon has long been useful in the homes and kitchens of our ancestors. Originally native to northeast India, and China, the lemon was introduced into Spain and North Africa some time between 1000 and 1200 AD. It was distributed through Europe by the crusaders, who found the fruit growing in Palestine. In 1494 the fruit was being cultivated in the Azores and shipped to England. It is now cultivated worldwide, especially in Mediterranean environments like Italy, Sicily, Cyprus, Guinea, Israel, and California and Florida in the USA.

**Constituents:** limonene, terpinene, pinenes, sabinene, myrcene, citral, linalool, geraniol, octanol, and others

**Types of Use:** aromatic, home use, topical with caution, as a supplement only with advice from a healthcare professional

**Uses:** Lemon oil may be used in aromatherapy. Lemon oil aroma does not influence the human immune system, but may enhance mood. The low pH of the juice makes it antibacterial. Diffusing lemon essential oil can connect to memory, aid health, and lift mood.

**Dilution Guidelines:** For aromatic use, add 5-10 drops of oil per one cup of water. If using topically, avoid exposure to direct sunlight for 12 hours after applying the oil on skin. People with dry or sensitive skin may require additional carrier oil when using lemon topically. For internal use, consult a certified naturopathic physician. For household/environmental purposes, dilution varies based on intended purpose.

**Warnings:** Lemon essential oil is phototoxic. If you are using it on your skin, you should be careful to avoid exposure to the sun for at least 12 hours. The combination of sunlight and the active chemicals in the lemon oil will cause rashes and blisters. Check the warnings on your bottle carefully if you use the oil topically. Using lemon essential oils in diffusers avoids any risk of phototoxicity.

**Phototoxicity warning:** Yes

**Shelf Life and Storage Recommendations:** Store oils in a cool, dark place and avoid extreme changes in temperature to ensure the longest life for your collection. Cold pressed citrus oils have a high proportion of chemical components that are more prone to oxidization. Take care to store them safely away from heat. You can expect citrus oils to remain in good condition for a year and even longer when cared for properly. Decant large bottles into two smaller bottles to protect one bottle from oxidization for longer periods. Due to their chemical makeup, essential oils do not turn rancid like vegetable oils; they simply degrade gradually into a state where the therapeutic properties become diminished.

NOT intended to diagnose, treat, cure, and/or prevent any disease or medical disorder. For educational purposes only. NOT intended for internal use. If considering oral consumption seek out the advice of a qualified medical doctor and/or expert, certified aroma therapist. As with all natural supplements it is advised that you inform your medical doctor of the use of this and all essential oils. If going to apply directly to the skin (topical use) it is advised that you perform a small skin patch test to check for sensitivities and refer to suggested dilution guidelines using a carrier oil (ex: fractionated coconut oil, almond oil, jojoba oil, grape seed oil). Keep away from children and pets. This information has NOT been evaluated by Health Canada.

*Ice N Fire is dedicated to sourcing 100% pure and natural oils free of pesticides, synthetic fertilizers and herbicide residue.*