



LEMON Essential Oil



Botanical Name: *Citrus limonum* L Burm

Main Constituents:

Limonene: 65-75%

Plant Part: Fruit Peel

Origin: Argentina

Processing Method: Cold Pressed

Child Safe: Yes

Description / Color / Consistency: A thin, colorless to greenish yellow liquid.

Aromatic Summary / Note / Strength of Aroma: A top note with a strong aroma, it has a strong bright lemony scent.

The lemon is a small evergreen tree that is native to Asia. The tree's yellow fruit is used for culinary and non-culinary purposes throughout the world, primarily for its juice, though the pulp and rind. Lemon is also proven for its ability to clean toxins from the body such as the digestive system, the kidneys and the hair and scalp. Lemons contain a supply of vitamins and minerals that is greater than any other food? And the easiest way to obtain the benefits of lemon is to use Lemon Essential Oil. The oil is extracted from the rind of the lemon fruit through cold-pressed, and the oil has a long shelf life; it doesn't go bad for a long period of time.

Lemon Essential Oil has a powerfully fresh traditional lemon fragrance that is quite energizing and uplifting. Lemon Essential Oil is a good choice to diffuse when trying to clear a room of the smell of cigarette smoke or other unpleasant aromas.

Limonene is the naturally occurring chemical constituent within Lemon Essential Oil that gives it its distinctive lemony aroma. There are a few other non-citrus essential oils available that include limonene naturally and feature a lemony aroma. Lemongrass and Lemon Myrtle essential oils both include noteworthy concentrations of limonene.

Emotional/Energetic Qualities

Uplifting and cleansing

Expands energy, promotes a sense of opening

Reduces tension and depression

Invites happy, outward energy

Therapeutic Properties



Analgesic: The main component, d-limonene, has significant antinociceptive activity (reduces the sensation of pain). Hirota *et al.* (2010) suggested this might be due to its considerable anti-inflammatory and antioxidant activities.

Anti-inflammatory: Lemon essential oil and d-limonene are inhibitors of 5-LOX (Baylac and Racine 2003). The essential oil displays good anti-inflammatory activity (Mitoshi *et al.* 2014). See also **analgesic**.

Antibacterial: Limonene is often found in oils with strong antimicrobial actions (Lang and Buchbauer 2012).

Antidepressant: Lemon oil has antidepressant effects (Perry and Perry 2006). The inhalation of d-limonene has anxiolytic action (reduces anxiety) (Lima *et al.* 2012c). Lemon essential oil, and its components limonene and citral can decrease both physical and psychological stress (Fukumoto *et al.* 2007).

Antioxidant: One of the components, γ -terpinene, is an LDL antioxidant (Takahashi *et al.* 2003).

Antispasmodic: The antispasmodic actions of Lemon are likely due in part to the presence of d-limonene, a vasorelaxant.

Antiviral: Although there is no research to support that Lemon oil is antiviral, many Aromatherapists feel citrus oils high in d-limonene can assist with overcoming a virus. This might be due to the ability of d-limonene to activate white blood cells and fight infection.

Astringent: Many citrus oils, including Lemon and those containing high levels of monoterpenes (such as limonene), can contract and tighten the tissues.

Cooling: Lemon has a cooling effect. It evaporates quickly on contact with the skin, giving rise to a cooling sensation, and its anti-inflammatory actions reduce heat in the tissues.

Diuretic: When used in a blend, Lemon can contribute to a diuretic effect.

Immunostimulant: With its antibacterial and antioxidant actions, anti-inflammatory actions, and activating, tonic effects on the mind and body, Lemon essential oil can be used to help support the immune system and promote well-being.

Liver support/protector: d-Limonene can increase the rate of synthesis of glutathione S-transferase in the liver. This is an important enzyme in detoxification pathways (Tisserand and Young 2014). Bodake *et al.* (2002) and Ozbek *et al.* (2003) noted that d-limonene had hepatoprotective action.

Cautions: This Essential Oil has photo toxic properties and exposure to the sun must be avoided after application to the skin. Due to their presence, please consult a physician prior to using this oil. Dilute well before use; May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.





****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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