



Lemon

CITRUS LIMON

Lemon's fresh scent is treasured for improving concentration, reducing acidity in the body while assisting with digestion, and eliminating cellulite, rheumatism, arthritis, and gout.

COUNTRY OF ORIGIN

Native to India, now is cultivated in Southern Europe, Florida, and California, as well as Spain, Italy, and France.

EXTRACTION METHOD

Cold Pressed

PLANT PART

Fruit Fresh Rind

BOTANICAL FAMILY

Rutaceae

CHEMICAL FAMILY

Monoterpenes, Aldehydes

AROMA

Fresh, Citrus, Fruity, Sweet

NOTE

Top

SAFETY

- May cause dermal irritation or sensitization reaction.
- Phototoxic to the skin when exposed to sunlight or sunlamps and tanning beds.
- Avoid use in the bath.

Generally, non-toxic. Safe to use during pregnancy in moderation and low dilution.

THERAPEUTIC PROPERTIES

Lemon is a favorite oil for most people. It works great as an antibacterial agent and serves to stimulate the immune system. It brightens the room as a household cleaner and disinfectant room spray. Lemon is good for the liver and helps the body detox, weight loss, and cellulite.

ANTIMICROBIAL	ANTISPASMODIC	DIURETIC
ANTIBACTERIAL	ANTIVIRAL	RUBEFACIENT
ANTIFUNGAL	CICATRISANT	HYPOTENSIVE
ASTRINGENT	CARMINATIVE	INSECTICIDAL
ANTI-RHEUMATIC	VERMIFUGE	ANTIOXIDANT
ANTISEPTIC	TONIC	IMMUNO-STIMULANT
LIVER SUPPORT	COOLING	SKIN PENETRATOR

BODY SYSTEMS

CIRCULATORY

BOOSTS CIRCULATION, VARICOSE VEINS

DIGESTIVE

HEARTBURN & REFLUX

INTEGUMENTARY

INSECT BITES & CUTS

LIMBIC

EMOTIONAL BALANCE

LYMPHATIC

DETOX & CLEANSING



BODY SYSTEMS (CONT.)

RESPIRATORY

CONGESTION & MUCUS

SKELETAL

GOUT, RHEUMATISM & ARTHRITIS

URINARY

KIDNEY & GALL STONES

REFERENCES:

1. EVIDENCE-BASED ESSENTIAL OIL THERAPY, DR. SCOTT A. JOHNSON, 2015, SCOTT A. JOHNSON PROFESSIONAL WRITING SERVICES, LLC
2. MODERN ESSENTIALS, A CONTEMPORARY GUIDE TO THE THERAPEUTIC USE OF ESSENTIAL OILS, SEVENTH EDITION 2015, AROMA TOOLS
3. THE ESSENTIAL LIFE, A SIMPLE GUIDE TO LIVING THE WELLNESS LIFESTYLE, 2015, TOTAL WELLNESS PUBLISHING, LLC
4. NAHA [HTTPS://NAHA.ORG/EXPLORE-AROMATHERAPY/SAFETY/GENERAL-SAFETY-GUIDELINES](https://naha.org/explore-aromatherapy/safety/general-safety-guidelines)
5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS