

LabAroma.

Name	Latin Name	Origin
Lemon	Citrus limon (Synonym: Citrus x limonum)	Italy
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$10	
Part of plant	Safety note	Conservation Status
Fruit peel	Phototoxic (when used in a blend at more than 12 drops per 1 ounce/30 Ml). otherwise non-toxic, though it may cause skin irritation. Use in low dilution (1-2%) when applying to the skin, such as in bath or massage oils. Older, oxidized oils increase the potential for skin irritation. It's best to buy citrus oils from organically-grown fruit, as citrus trees are heavily sprayed. The citrus oils are cold-pressed, and the pesticides some through the process and are found in the oils.	No status of concern Not listed with a conservation status.
Profile	Therapeutic Properties	
• Monoterpenes rich	<ul style="list-style-type: none">• Analgesic• Anticancer• Antibacterial• Antidepressant• Antioxidant• Antispasmodic• Antiviral• Astringent• Cooling• Detoxifying oil• Help support a healthy circulatory system• Used for spider veins and broken capillaries• Supports a healthy immune health• Emotionally and energetically, lemon essential oil brings an element of sparkle to a blend and can help lift a cloud of depression or ease emotional tension. It invites happiness and positive energy wherever it goes.	
Synergy	Energetics	

The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.

1st component synergy

d-Limonene (analgesic, antihypotensive, anti-inflammatory, antinociceptive, antiobesity, antioxidant, an-

titumoral, anxiolytic, hepatoprotective, immunostimulant, skin penetration enhancer, stimulant of autophagy, vasorelaxant).

1st essential oil synergy combinations

bitter orange, grapefruit, lime, mandarin, sweet orange, yuzu .

2nd essential oil synergy combinations

angelica root, bergamot, black pepper, caraway seed, combava peel, elemi, neroli, palo santo, spearmint.

2nd component synergy

α-Pinene, β-terpinene, γ-terpineol and others (analgesic, antibacterial, antifungal, anti-inflammatory, antinociceptive, antioxidant, antispasmodic, antiviral, gastroprotective, hypotensive, neuroprotective, sedative, pediculocidal, wound healing) .

1st essential oil synergy combinations

blackcurrant bud, combava peel, dwarf pine, galbanum, Norwegian spruce, red pine, rhododendron, Scots pine, white pine, white spruce.

2nd essential oil synergy combinations

bergamot, black pepper, cajuput, Douglas fir, fragonia, ho leaf, juniperberry, E. radiata, rosemary, silver fir, sweet marjoram, niaouli, nutmeg, plai, sugandha, tea tree, thyme .

Potential psychological therapeutic solutions

Learning and memory enhancement: black pine, coriander seed, frankincense, hinoki, lime, ponderosa pine, plai, rosemary, rosewood, sage, Spanish sage
Low mood, depression, lethargy, stress: black pepper, combava peel, Douglas fir, dwarf pine, E. camadulensis, E. globulus, E. polybractea, E. smithii, fennel, geranium, grapefruit, jasmine, juniperberry, osmanthus, rosemary, tarragon, ylang ylang.

Potential physical therapeutic solutions

Digestive support: angelica root, basil ct linalool, black pepper, caraway seed, fennel, lime, mandarin, spearmint
Pain and inflammation: black pepper, black pine, frankincense, galangal, geranium, ginger, juniperberry, lavender, nutmeg, patchouli, red pine, rosemary, Scots pine, silver fir, sweet marjoram, white pine, white spruce
Weight loss: black pepper, combava peel, coriander seed, cardamom, fennel, ginger, grapefruit, juniperberry, lime, rosemary, tarragon, yuzu

References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon
Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Scent Notes

Psychological rankings

Physical rankings

Top

Energising

3 Circulatory/Lymphatic

1

Digestive	2
Immune/Infection	2
Respiratory	2

Ingredient notes

Chemical families

monoterpenes	86.3%
monoterpenols	8.59%
aldehydes	2.27%
sesquiterpenes	0.97%
esters	0.4%

Complete chemical breakdown

monoterpenes

limonene	68.76%
b-pinene	11.61%
sabinene	1.89%
α -pinene	1.78%
myrcene	1.56%
α -thujene	0.37%
terpinolene	0.33%

aldehydes

geranial	1.43%
neral	0.84%

esters

neryl acetate	0.4%
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monoterpenols

g-terpinene	8.59%
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sesquiterpenes

α -curcumene	0.6%
α -bergamotene	0.37%