

## LEMON ESSENTIAL OIL

Native to Asia but grown worldwide, Lemon (*Citrus Limon*) is a small evergreen tree that produces a sour yellow fruit. The essential oil is extracted from the outer peel layer of the fruit by cold pressing. With its fresh citrus aroma, lemon essential oil is uplifting and refreshing and is purported to be beneficial for oily skin.

<b>Botanical Name</b>	<i>Citrus limon</i>
<b>Plant Part</b>	Outer peel layer of fruit
<b>Actions</b>	Uplifting, reviving, refreshing, calming, balancing, soothing
<b>May Help</b>	Stress, depression, colds, mental fatigue, confusion
<b>Fragrance Note</b>	Lemon
<b>Blends with</b>	Citrus Oils, Geranium, Lavender, Neroli, Sandalwood, Ylang Ylang, Juniper, Fennel



### Suggestions for use:

UPLIFT BLEND	
Lemon	5
Rosemary	2
Bergamot	4
Vaporiser or in 20ml Carrier oil	

ENERGISE ME BLEND	
Lemongrass	2
Lavender	4
Lemon	2
Orange	3
Rosemary	3
In a Vaporiser	

\*Quantity shown refers to number of drops of essential oils

### Cautions

Photo-sensitising - increases the burning effect of the sun and UV light. Avoid use, in massage or bath, prior to sun or UV exposure. May cause irritation - Do not use on the skin in concentrations higher than 1%.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.