

# Lemon



## Product Summary

With a purifying citrus scent, lemon, *Citrus limon*, is known as one of the most fragrant essential oils. It is cold pressed from the rind of *Citrus limon*, a twenty-foot tree with highly scented blossoms and lemon fruits. Lemon contains compounds that are studied for their effects on immune function. It is also a frequent ingredient in natural cosmetics.

## Product Story

Lemon essential oil promotes clarity of thought and purpose and has a fragrance that is invigorating, enhancing, and warming. Lemons were used in Europe as early as 200 A.D. and were introduced to the Americas in 1493 by Christopher Columbus. Lemons were also given to sailors to treat scurvy and other vitamin deficiencies.

## Primary Benefits

When diffused, lemon has been known to refresh and stimulate the mind, improve memory, and promote a sense of well-being. Lemon can be used for basic home remedies. It strengthens nails, removes sticky substances, and can even be used as an insect repellant when diffused.\* When ingested, it is a good source of d-limonene, a powerful antioxidant.

## Usage Tips

- Add one teaspoon of lemon essential oil to one cup mineral oil for an effective furniture polish.
- For general household cleaning purposes, it works well for removing gum, wood stain, oil, and grease spots.\*
- Add a few drops to your dishwasher for spot-free dishes.
- Diffuse to freshen your home or or add a few drops to a spray bottle to deodorize and sterilize the air.
- Add two drops to water for purification or combine with peppermint (*Mentha piperita*) to provide a refreshing lift.
- Add to food or rice or soy milk as a dietary supplement and flavoring.
- Add ten drops to a cotton ball and place inside your vacuum cleaner.

## Caution

If pregnant or under a doctor's care, consult your physician before ingesting lemon essential oil. Dilution is recommended when applied topically. Lemon oil is photosensitizing, so avoid exposure to direct sunlight/UV rays for up to twelve hours after applying topically.

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## Complementary Products

Essential oils: Roman chamomile, *Eucalyptus radiata*, fennel, frankincense, geranium, juniper, peppermint, sandalwood, and ylang ylang. Lemon is used in Young Living bath products, Balance Complete™, and NingXia Red®.

## Frequently Asked Questions

**Q** If I put lemon oil in drinking water, will it make the water harmful to the enamel on my teeth?

**A** *There shouldn't be any concerns about harming tooth enamel by using lemon oil diluted with water and consumed. Because lemon essential oil is pH neutral, unlike lemon juice, it should not be harmful to the enamel on teeth; however, it also depends on the manner in which the lemon essential oil is used.*

**Q** Does lemon oil contain vitamin C?

**A** *There is no vitamin C in lemon essential oil.*

**Q** What is the difference between lemon oil and melissa?

**A** *Melissa is steam distilled from the lemon balm plant, whereas lemon oil is cold pressed from the rind of lemons. They have different actions and uses.*

\*Before cleaning upholstery, fabric, or carpet, perform a spot test. Discontinue use in the unlikely event of staining or skin irritation.