

Discover...

# Lemon

Citrus limon

Food Grade, Cold Expressed  
*Refreshing, Stimulating, Uplifting*

**Fresh, sharp, and slightly sweet, lemon oil has a distinctive scent used to purify and cleanse and can promote a healthy mindset and sharp focus.**

Throughout history, the lemon has been used to boost mood and protect from sickness and disease. Likely, that's why, in ancient Rome, the lemon was associated with Juventas, the Goddess of Youth. Many cultures recognized its health benefits before they understood the components- like Vitamin C, limonene, and its natural antibacterial properties. Aside from its distinctive, tart and sour flavor, lemon is known for its antimicrobial and purifying properties. Several studies have shown the benefits of adding lemon, which is high in vitamin C, into the daily diet to boost the immune system. It can also promote positive mood and heightened mental clarity.

**Topically\*:** Lemon has great cleansing, astringent and antibacterial properties; add to facial washes to deter acne and brighten skin tone; add a drop to your toothpaste to naturally whiten teeth; rub on the neck and sinuses to lessen sinus pressure during a cold.

**Aromatically:** Inhaling lemon can promote good cheer; it can also help increase alertness, and alleviate tension headaches

**Blends well with...**

**Tea Tree Oil** for powerful cleansing properties with a fresh scent

**Lemongrass** to boost mood and for complex flavor notes in foods

**Peppermint and Lavender** to alleviate head tension and sharpen focus

**More Tips & Common Uses:** Make your own cleansing spray and remove grease from stove and countertops; Add a drop to the laundry to lessen must and mildew smells. Add to any of our great recipes for hand creams, lotions, body butters and more!

**As a Flavor:** LorAnn's pure lemon is a gluten-free, food grade oil that can be used (very sparingly) as a great flavor enhancement. Use a few drops lemon oil in place of lemon zest in your recipes or whenever you want a punch of lemon flavor.

\*Pure essential oils are very potent. We strongly recommend diluting them when applying topically to avoid any potential skin sensitivities. Lemon oil can make skin sensitive to UV rays. Do not apply to skin that will be exposed to sunlight or UV light from a tanning bed. Please refer to our Essential Oil Safety Guidelines for more information.

**Disclaimer:** The information provided here and throughout our website is for educational purposes only and is not intended to treat, cure, or diagnose any condition. This information is not intended as a substitute for consulting with your health care provider. It's best to consult with a healthcare professional before using any essential oil during pregnancy or before using essential oils with children.