



## Lemon Essential Oil

**DESCRIPTION:** A cleansing, zesty aroma. Diffuse it to boost focus and energy and to freshen the air.

**TOP AROMATHERAPY BENEFITS:** cleanse • purify • boost

**AROMA:** Zesty & Clean

**BLENDS WITH:** Eucalyptus, Orange, Peppermint

**INGREDIENTS:** Citrus limon (lemon) peel oil

**COLLECTION METHOD:** Cold pressed

**CAUTION:** Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 12 hours after applying product.



### TOP TIPS:

#### Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a cleansing and energizing aromatherapy experience.

#### Air Freshener

Add a few drops to a spray bottle, shake well and use as a air freshener.

#### Laundry Freshener

Add a 1-2 drops to a dryer sheet or dryer ball to freshen laundry as it dries.

#### Sugar Scrub

Combine 10-15 drops essential oil with 1/2 cup coconut oil and 1/2 cup sugar for an invigorating DIY sugar scrub for glowing skin.

#### Bath Salts

Combine 15-20 drops essential oil with 2 tablespoons coconut oil and 2 cups Epsom salt for energized skin.

#### Daily Shower Spray

In a spray bottle combine 1 cup of water, 1 tablespoon liquid Castille soap, 5 drops lemon oil and 5 drops tea tree oil. Use after showering on tile and glass.

#### Sea Salt Hair

Combine 1 cup warm water, 2 tablespoons sea salt, 1/2 teaspoon fractionated coconut oil, 5 drops lemon oil, and 5 drops of lavender or peppermint oil. Spray in hair and lightly scrunch to create beachy waves.

#### Surface Cleaner

To a spray bottle add 15 drops of lemon oil, 1 cup distilled water, and 1/4 cup white vinegar. Shake well.

#### Natural Polish

Combine 10 drops essential oil with 1/4 cup olive oil and 1/4 cup vinegar in a spray bottle for DIY furniture polish.

#### Clean and Preserve Leather

Add a few drops lemon essential oil to a wet rag and wipe down leather furniture.

#### Adhesive Remover

Add a few drops to a paper towel and use to remove adhesive.

### DIY AROMATHERAPY BLENDS:

**Alert:** Lemon + Basil + Peppermint

**Brighten:** Lemon + Ylang Ylang

**Citrusy:** Lemon + Bergamot + Lemongrass

**Clean:** Lemon + Eucalyptus + Orange

**Energize:** Lemon + Grapefruit + Orange

**Focus:** Lemon + Peppermint + Rosemary

**Herbal & Sweet:** Lemon + Oregano + Peppermint + Rosemary

**Purify:** Lemon + Tea Tree

**Refresh:** Lemon + Eucalyptus

**Uplift:** Lemon + Bergamot + Lavender

**Wake Up:** Lemon + Grapefruit + Peppermint

**Welcoming:** Lemon + Lavender

Dilution Ratio: Best practices state that one 1/2 tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential oil. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.