

Lemon

Citrus limon

Therapeutic Properties: Antiseptic, astringent, anti-toxin, anti-anemic, anti-microbial, anti-rheumatic, anti-sclerotic, anti-spasmodic, bactericide, carminative, promotes the formation of scar tissue, purifying, diaphoretic, febrifuge, hemostatic, hypotensive, insecticide, rubescent, stimulates white blood cells, tonifier, vermifuge.

An amazing cleanser and purifier, Lemon has been known to be antiviral and anti-infectious. As a result, it is considered the #1 Essential Oil to kill bacteria. According to Dr. Jean Valnet, when tested against other Essential Oils for airborne germs, Lemon came out as the number one disinfectant for the air. It is also very effective added to household cleaners; it imparts a fresh smell to the kitchen and bathroom while eliminating germs.

Use a few drops when rinsing produce or after working with raw meat. Combine with baking soda for a great scouring powder on sinks and countertops. Add to the dishwasher, laundry, or household cleaners to boost to their disinfectant abilities.

aromatherapy & home uses

Circulation, Muscles, and Joints: Anemia, arthritis, cellulitis, high blood pressure, nosebleeds, obesity (congestion), poor circulation, rheumatism.

Digestive System: Dyspepsia, liver cleanser.

Immune System: Colds, flu, fever, and infection.

Respiratory System: Asthma, throat infections, bronchitis, catarrh.

Skin Care: Acne, brittle nails, boils, chilblains, corns, cuts, greasy skin, herpes, insect bites, mouth ulcers, spots, varicose veins, warts.

suggested usage (10 years & up)

BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist and help support your body with arthritic pain, arterial hypertension, poor circulation, rheumatism, obesity, and cellulite.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- During pregnancy, it can be used in a diffuser for morning sickness.
- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed for a quick pick me up.

INTERNAL

- 2 to 3 drops of Lemon Essential Oil in water taken 4 times a day will assist the body with the accumulation of fluids in those who suffer from poor circulation, cellulite, and obesity.
- 2 or 3 drops in a glass or bottle of water for purifying water. May assist with the liver and the blood, as it has a draining effect.

MISTING

- Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

TOPICAL

- Apply 1 drop, neat, to strengthen nails.
- The antiseptic effect assists with cuts, boils, and minor wounds.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Will cause the skin to sunburn if exposed to sunlight right after application; you should wait several hours, keeping the skin covered before exposing it to sunlight.
- Many pregnant women are prone to developing dark patches of skin, Lemon Essential Oil could exacerbate this condition due to its photo-sensitive nature, and should not be used on the skin of these women.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Producing Organ: Peel
Extraction: Cold Expression
Country of Origin: Italy

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children



Topical

- Infant to 3 months - not recommended
- 3 months to 3 years - not recommended
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed starting in the 2nd trimester

Bath

- Infant to 3 months - not recommended
- 3 months to 3 years - not recommended
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - safe when used as directed starting in the 2nd trimester

availability

10ml Bottle



QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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