

# LEMON

*Citrus limonum*

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 #1 disinfectant for the air. It will also act as an immune stimulant.

Can be used in massage oils or diluted in the bath to assist with digestive problems, fatigue, infections, flu, obesity, rheumatism, depression, stress, and as a general tonic. Helps to protect against infections, aids the digestive system, soothes headaches and muscular problems, and clears greasy skin and hair.

Can be beneficial to the circulatory system and blood flow, reducing blood pressure and helping with nosebleeds. It may bring down fever, help relieve throat infections, bronchitis, asthma, and flu. It is known to boost the immune system and cleanse the body, improve the functions of the digestive system, and be helpful with constipation, dyspepsia, and cellulite.

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.

## daily uses

### BATH

- Add 8-10 drops to ½ cup Pink Himalayan salt, Dead Sea salt, or Clay Vitality and add to a warm tub of water.

### DIFFUSION

- Diffuse 15 drops in 15 minute intervals throughout the day.

### INHALATION

- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale deeply as needed for a quick pick me up.

### INTERNAL

- 2 or 3 drops in water purifies the water, the liver, and the blood.
- May be helpful to prevent the accumulation of fluids in those who suffer from poor circulation and/or weight gain, obesity, or cellulite due to its diuretic effect.

### MISTING SPRAY

- Mix 10 drops into 4 ounces of distilled water in a cobalt blue glass or PET plastic spray bottle. Shake vigorously and mist into the environment. Perfect for cleaning and disinfecting kitchens, bathrooms, and high traffic areas in the home and workplace.

### TOPICAL

- Lemon Essential Oil can be used in a cream or lotion to clear congested skin. The astringent properties are great for oily skin conditions.
- The antiseptic effect helps to treat cuts, boils, and minor wounds.

### REASONABLE CAUTIONS

- Keep out of reach of children.
- Use as directed, and adhere to reasonable cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp)
- Store at room temperature with lid securely tightened.
- Keep away from sunlight.
- Lemon Essential Oil is phototoxic; do not expose skin to direct sunlight for 24 hours after application.

## Essential Singles

### attributes

**Certified Organic**  
**GRAS Certified**

**Producing Organ**  
Peel

**Extraction**  
Cold pressing

**Country of Origin**  
Italy

**Therapeutic Properties**  
Anti-anemic, antimicrobial, anti-rheumatic, anti-sclerotic, antiseptic, bactericidal, carminative, cicatrisant, depurative, diaphoretic, diuretic, febrifuge, haemostatic, hypotensive, insecticidal, rubefacient, tonic, and vermifuge



**Available in:**  
**10ml Bottle**

### QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.



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