

# Lemon

**citrus limon** 10ml

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. Add to the dishwasher, laundry, or household cleaners to boost to their disinfectant abilities. Combine with baking soda for a great scouring powder on sinks and counter-tops.\*

Add to food to enhance the flavor of desserts, main dishes, or cool, refreshing drinks. Taking Lemon internally can provide cleansing and digestive benefits.\*

## uses

### aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser in 15 minute intervals as needed throughout the day to sanitize the air and create an energizing, uplifting environment.\*

### bath

- **Bath:** Mix 8 to 10 drops in ½ cup of Pink Himalayan or Dead Sea bath salt and add to a warm tub of water for an invigorating bath.\*

### environmental

- **Cleaning:** Add to household cleaners to boost cleaning power.\*

### internal

- **Water:** Add 1-2 drops to drinking water for a refreshing burst of citrus flavor.\*

### topical

- **Nails:** Apply 1 drop neat (undiluted) to strengthen fingernails.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).\*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.\*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.\*
- **Pregnancy:** Safe when used as directed starting in the 2<sup>nd</sup> trimester at 3% dilution (15 drops/1 ounce).\*

goDesana

Product Information Page



## application methods

Aromatic • Bath • Internal • Topical

## safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.

## properties

Organic

**Producing Organ:** Peel

**Extraction:** Cold Expression

**Country of Origin:** Italy

**Main Chemical Constituents:** Limonene, terpinene, pinenes

**Therapeutic Properties:** Anti-anemic, antimicrobial, antirheumatic, antisclerotic, antiscorbutic antiseptic, antispasmodic, antitoxic, astringent, bactericidal, carminative, cicatrizing, depurative, diaphoretic, diuretic, febrifuge, hemostatic, hypotensive, insecticidal, rubefacient, stimulates white corpuscles, tonic, vermifuge

## responsible cautions

- Lemon essential oil is non-toxic (if organic), and non-irritant. It will however cause the skin to sunburn if exposed to the sun right after application; you should wait several hours, keeping the skin covered, before exposing skin to sunlight.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*