



# Lemon

Available in 15mL



**A** AROMATIC    **T** TOPICAL    **I** INTERNAL    **N** NEAT

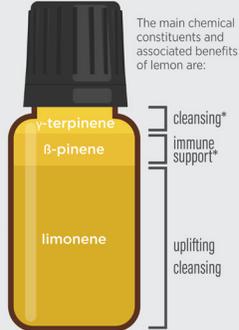
## SOURCED FROM:



## WHAT IT TAKES TO MAKE A BOTTLE:

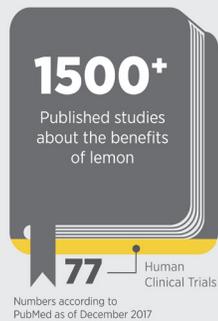


## CHEMISTRY:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

## RESEARCH:



## FUN FACT

In one year, a single lemon tree has the potential to produce between 500 and 600 pounds of lemons.

## WORKS WELL WITH:



\*Varies by season, region, year, and other variables. For US market use only.

## FUN FACT:

- In one year a single lemon tree has the potential to produce 500-600 pounds of lemons. It typically takes 75 lemons to fill one 15mL bottle.

## AROMATIC DESCRIPTION:

- Citrusy, Clean, Fresh

## COMMON USES:

- Add to drinking water to refresh, cleanse, and detoxify the body or in a capsule as part of a weight management routine; consider combining with other oils.\*
- Diffuse to purify air and promote an uplifting mood.
- Take internally with **Peppermint** and **Lavender** to assist with seasonal respiratory discomfort.\*
- Apply to feet and legs to help relieve excess fluids.
- Apply for healthy nails or glowing complexion.
- Add 10-20 drops to 8oz glass spray bottle with water to clean tables, countertops, white boards, and other surfaces. Add vinegar for glass or chrome surfaces.
- Use to remove stubborn, sticky residue off surfaces or as part of a DIY furniture polish recipe.
- Clean fruits and veggies before consuming. Soak in water mixed with 3-4 drops.\*
- Use in cooking and baking to boost flavor in marinades, frosting, baked goods, and desserts.\*
- Add to cloth or sponge to clean microwave and pans.
- Add 10-20 drops to 1 cup baking soda, sprinkle on carpets for a natural deodorizer. Let sit. Vacuum.

## Lifestyle Tip

Add 3 drops to dishwasher and set to rinse to freshen and clean.



## Diffuser Blends

### Uplifting + Fresh

3 drops **Lemon**  
3 drops **Breathe**<sup>®</sup>  
2 drops **Lime**

### Good Morning Sunshine

2 drops **Lemon**  
2 drops **Wild Orange**  
2 drops **Tea Tree**

## Lemon Kale Chips

Find recipe here:

[tiny.cc/LemonKale](http://tiny.cc/LemonKale)



## Directions For Use

- A** Use 3-4 drops in diffuser, place 1-2 drops in palms and inhale deeply, or apply to porous-type or diffusing jewelry.
- T** Apply 1-2 drops to desired areas. Dilute with **dōTERRA**<sup>®</sup> **Fractionated Coconut Oil** to minimize skin sensitivity as needed.
- I** Take 1-4 drops in 4oz of liquid, under tongue, or in veggie capsule.\*
- ☀** Avoid sun or UV ray exposure for at least 12 hours after applying topically.

**NOTE:** Possible skin sensitivity. Keep out of reach of children. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes, inner ears, and sensitive areas.