

LEMON

citrus limon

10ml

*HB*Naturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Household • Internal • Topical

properties

Organic

Producing Organ: Peel

Extraction: Cold Expression

Country of Origin: Italy

Safety Group: #2

Main Chemical Constituents: limonene, β -pinene, γ -terpinene

Therapeutic Properties: Antiseptic, astringent, antitoxic, anti-anemic, antimicrobial, antirheumatic, antisclerotic, antispasmodic, bactericidal, carminative, promotes the formation of scar tissue, purifying, diaphoretic, febrifuge, haemostatic, hypotensive, insecticide, rubescent, stimulates white blood cells, tonifier, vermifuge [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 120.]

uses

- Add 10-15 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath water for an invigorating bath.*
- Add to drinking water for a refreshing burst of citrus flavor.*
- Diffuse to sanitize the air and create an energizing, uplifting environment.*
- Add to household cleaners to boost cleaning power.*
- Apply 1 drop, neat, to strengthen finger nails.*
- Apply 10-15 drops on the absorbent inner core of a nasal inhaler, cap the bottom, and inhale as needed.*

product summary

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.*

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.