



PRODUCT DESCRIPTION

Lemon essential oil has a fresh clean scent and can be used for skin care, respiratory health and a host of other important uses.

Lemon is potent in cleaning the air, disinfecting surfaces, and reducing coughs. When mixed with water, it provides a rejuvenating and wholesome health boost. Since it is rich in limonene, it is a potent antioxidant which reduces free radicals in the body. Lemon essential oil also energizes and uplifts the mood and brain functioning when diffused.

PRIMARY BENEFITS AND SAMPLE USES

- » Calms cough and wheezing
- » Natural body cleansing and detoxifying
- » Helps to alleviate problems associated with cold sores
- » Helps improve mental clarity
- » Provides relief from common digestive discomforts
- » Eliminates odors and refreshes surrounding air
- » Balances moisture levels in skin
- » Can be used as a flavor additive

DIRECTIONS

Steam Inhalation: Add 2-3 drops to a cup of steaming water and inhale.

Diffusion: Diffuse 3-5 drops or more in the Purely diffuser.

Topical: Dilute 1-2 drops with a Purely carrier oil before use according to the dilution table shown. Be sure to test for sensitivity. Avoid sun and UV exposure for at least 12 hours after topical applications.

Ingestion: When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

PRECAUTION

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat. Avoid sun and UV exposure for at least 12 hours after topical applications.

BLENDS WELL WITH

Lavender, Eucalyptus, Frankincense, Juniper Berry, and Ylang Ylang

COUNTRY OF ORIGIN Italy

EXTRACTION METHOD Cold pressed



DIFFUSION



TOPICAL



STEAM

DILUTION TABLES

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5



INGEST



SENSITIVE

SKU# 1002
retail: \$9

LEMON

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.



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