

Lemon Essential Oil

Botanical Name

Citrus limon

Strength of Initial Aroma

Strong

Aromatic Description

Light fresh citrus aromas

Blends Well With

Most other essential oils, adds a freshness to blends

Lemon Essential Oil Uses

- Uplifting and Energizing promotes optimism
- Supports healthy immune, respiratory, circulatory and digestive systems
- Natural astringent
- Skin toner, balances and brightens skin
- Stress
- Fatigue
- Insomnia
- Athlete's Foot
- Chilblains

Kid friendly

- Colds
- Corns
- Dull Skin
- Flu
- Oily Skin
- Spots
- Varicose Veins
- Warts

Source: www.aromaweb.com Lemon EO Monograph, www.healthline.com

Lemon Essential Oil Safety Information

Cold pressed Lemon Essential Oil is phototoxic. Steam distilled Lemon Oil is not phototoxic. Tisserand and Young recommend a dermal maximum of 2.0% for the cold pressed oil to avoid the risk of a phototoxic reaction. They precaution to avoid topical use of Lemon Oil, regardless of method of distillation, if it has oxidized. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 87, 330-331.]

Lemon Oil may cause skin irritation or sensitivity in some. [Julia Lawless, The Illustrated Encyclopedia of Essential Oils (Rockport, MA: Element Books, 1995), 120.]

Per healthline.com may cause sensitivity to sunlight. Do not use on infants under 3 months.

As cited per www.aromaweb.com Lemon EO Monograph

Other sources: www.healthline.com

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.

kid friendly