

# Lemon

*Citrus limon* 15 mL

# dōTERRA®

PRODUCT INFORMATION PAGE



## Application:



**Plant Part:** Lemon rinds (peel)

**Extraction Method:** Cold pressed/expressed

**Aromatic Description:** Clean, fresh, citrus, bright

**Main Chemical Components:** Limonene,  
 $\beta$ -pinene,  $\gamma$ -terpinene

## PRIMARY BENEFITS

- Cleanses and purifies the air and surfaces
- Uplifting aroma promotes a positive mood

### Lemon

*Citrus limon* 15 mL

Part Number: 30120406

Wholesale: HK \$95.00

Retail: HK \$160.00

PV: 12

## PRODUCT DESCRIPTION

The top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. Lemon is a powerful cleansing agent that purifies the air and surfaces. When added to water, Lemon provides a refreshing boost throughout the day. Lemon is frequently added to food to enhance the flavor of desserts and main dishes. When diffused, Lemon is very uplifting and energizing and has been shown to help improve mood.

## USES

- Add a few drops to food or water.
- Diffuse to create an uplifting environment.

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of choice.

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.

