

# Lemon



**Common Name:** Lemon

**Botanical Name:** Citrus Limon

**Origin:** USA, Italy

**Parts Used:** rind

**Fragrance:** citrus, light, fresh, tart

**Blends well with:** German chamomile, eucalyptus, fennel, frankincense, geranium, juniper, peppermint, sandalwood, & ylang ylang

**Aromatic Benefits:** anxiety, balancing, calming, cheering, cooling, exhaustion, memory loss, refreshing, relaxing, stress, uplifting

**Physical Uses:** air freshener, anemia, circulation, colds & flu, constipation, corns, coughs, dandruff, depression, digestive system, dull complexion, emotional confusion, fatigue, fingernail toughener, greasy hair & skin, hypertension, household cleanser, immune booster, insect repellent, joint pain, low energy, listlessness, mouth ulcers, nosebleed, PMS, scars, stress, throat infections, voice loss, warts

**Safety Data:** May cause skin irritation in sensitive people. Avoid direct sunlight after use, as it may have a mild phototoxic effect.

**Fun Fact:** In Japan, lemon essential oil is used throughout banks everywhere, in order to reduce worker error.

## Recipe:

### Concentration Spray

3 drops Lemon

2 drops Peppermint

3 drops Rosemary

Mix all oils together in a spray bottle with water.

Shake up and down 100 times.



**For educational purposes only. This information is not intended to diagnose, treat or cure any disease.**