

# 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,  $\beta$ -pinene,  $\gamma$ -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.