

LEMON

Botanical Name: Citrus limonum

Note: Top Odor Intensity: low

KEY USES:

- Arteriosclerosis
- Arthritis
- Cellulite, cellular congestion
- Colds and flu
- Depression
- Indigestion
- Infections
- Gallstones and urinary stones
- Gastric hyperacidity
- Hypertension
- Jet lag
- Liver congestion
- Varicose veins
- Warts

Aroma: Clean, fresh citrus, penetrating.

Blends well with: lavender, ylang ylang, all other citrus, geranium, chamomile, eucalyptus, rose, thyme.

Properties: Antiseptic, anti-toxic, antiviral, astringent, bactericidal, detoxifying, digestive, diuretic, fungicidal, hepatic, immune-stimulant, laxative, stomachic, tonic.

Emotional: Lemon is uplifting and rejuvenating, anti-depressant, refreshing. It can clear thinking and dispel sluggishness.

Contraindications: Lemon has a short shelf life. Old oil used on the skin may cause an allergic reaction. Lemon is photosensitizing, so avoid sunlight and tanning beds after application. Use only in low concentrations for all skin applications and baths.

Lemon is effective in treating infections of all kinds and is believed to increase white blood cell activity. Lemon is tonifying to the circulatory and digestive systems and helps counteract acidity in the body.

COLDS

3 drops rosemary

2 drops peppermint

2 drops eucalyptus

3 drops lemon

Combine essential oils in an amber glass bottle. Use 3-4 drops in a steam inhalation.

ANTISEPTIC SPRAY FOR THE HOME

10 drops lemon

3 drops thyme

8 oz distilled water

2 tablespoons alcohol or NSP Silver Shield

Add lemon to alcohol (or Silver Shield) in a glass spray bottle. Add water. Shake before using