



Lemon Essential Oil

Product Summary

Lemon essential oil is a concentrated liquid derived from the peel of lemons (Citrus limon). It is a popular essential oil known for its fresh, citrusy aroma and various therapeutic properties. The extraction process involves cold-pressing the outer peel of the lemon, which captures the natural aromatic compounds and other beneficial components.

The main chemical constituents found in lemon essential oil include limonene, beta-pinene, gamma-terpinene, alpha-pinene, and sabinene. These compounds contribute to the oil's distinctive fragrance and potential health benefits.

Research:

Limonene:

<https://pubmed.ncbi.nlm.nih.gov/?term=limonene>

Beta-pinene

<https://pubmed.ncbi.nlm.nih.gov/?term=beta-pinene>

Gamma-Terpinene

<https://pubmed.ncbi.nlm.nih.gov/?term=Gamma-Terpinene>

Uses and Benefits

- 1. Aromatherapy:** Lemon essential oil is commonly used in aromatherapy due to its uplifting, invigorating, and refreshing scent. The aroma can help improve mood, reduce stress, and promote mental clarity and focus.
- 2. Cleaning and Disinfecting:** Lemon essential oil possesses natural antibacterial and antiviral properties, making it a popular ingredient in DIY cleaning solutions. It can be used to clean surfaces, purify the air, and eliminate bad odors.
- 3. Immune Support:** The antimicrobial properties of lemon essential oil can help bolster the immune system and protect against certain infections.
- 4. Skin Care:** Lemon essential oil is sometimes used in skincare products due to its astringent and antiseptic properties. It may help clarify the skin, reduce excess oil, and combat acne.
- 5. Mood Booster:** The bright and fresh scent of lemon essential oil is known to have mood-enhancing effects. It may help reduce feelings of anxiety and depression and promote a more positive mindset.



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Responsible cautions

- **Photosensitivity:** Lemon essential oil can make the skin more sensitive to sunlight, potentially leading to sunburn or skin irritation. Avoid sun exposure for at least 12 hours after topical application.
- **Skin Sensitivity:** Some individuals may be sensitive to essential oils, including lemon. Always perform a patch test before applying the oil directly to the skin.
- **Dilution:** Lemon essential oil is highly concentrated and should be diluted with a carrier oil (such as coconut oil or almond oil) before applying it to the skin.
- **Quality:** Use high-quality, pure lemon essential oil from a reputable source to ensure safety and effectiveness.

Always consult with a qualified aromatherapist or healthcare professional before using lemon essential oil or any essential oil, especially if you are pregnant, nursing, or have any underlying health conditions.

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