

# Lemon Oil

## Introduction

With a purifying citrus scent, lemon, *Citrus limon*, is known as one of the most fragrant essential oils. It is cold pressed from the rind of *Citrus limon*, a twenty-foot tree with highly scented blossoms and lemon fruits. Lemon contains compounds that are studied for their effects on immune function. It is also a frequent ingredient in natural cosmetics.

## History

Lemon essential oil promotes clarity of thought and purpose and has a fragrance that is invigorating, enhancing, and warming. Lemons were used in Europe as early as 200 A.D. and were introduced to the Americas in 1493 by Christopher Columbus. Lemons were also given to sailors to treat scurvy and other vitamin deficiencies.

## Primary Benefits

When diffused, lemon has been known to refresh and stimulate the mind, improve memory, and promote a sense of well-being. Lemon can be used for basic home remedies. It strengthens nails, removes sticky substances, and can even be used as an insect repellent when diffused.\* When ingested, it is a good source of d-limonene, a powerful antioxidant.

## Usage Tips

- Add one teaspoon of lemon essential oil to one cup mineral oil for an effective furniture polish.
- For general household cleaning purposes, it works well for removing gum, wood stain, oil, and grease spots.\*
- Add a few drops to your dishwasher for spot-free dishes.

- Diffuse to freshen your home or add a few drops to a spray bottle to deodorize and sterilize the air.
- Add two drops to water for purification or combine with peppermint (*Mentha piperita*) to provide a refreshing lift.
- Add to food or rice or soy milk as a dietary supplement and flavoring.
- Add ten drops to a cotton ball and place inside your vacuum cleaner.

## Frequently Asked Questions

**Q** If I put lemon oil in drinking water, will it make the water harmful to the enamel on my teeth?

**A** *There shouldn't be any concerns about harming tooth enamel by using lemon oil diluted with water and consumed. Because lemon essential oil is pH neutral, unlike lemon juice, it should not be harmful to the enamel on teeth; however, it also depends on the manner in which the lemon essential oil is used.*

**Q** Does lemon oil contain vitamin C?

**A** *There is no vitamin C in lemon essential oil.*

**Q** What is the difference between lemon oil and melissa?

**A** *Melissa is steam distilled from the*



*lemon balm plant, whereas lemon oil is cold pressed from the rind of lemons. They have different actions and uses.*

\*Before cleaning upholstery, fabric, or carpet, perform a spot test. Discontinue use in the unlikely event of staining or skin irritation.

## Caution

If pregnant or under a doctor's care, consult your physician before ingesting lemon essential oil. Dilution is recommended when applied topically. Lemon oil is photosensitizing, so avoid exposure to direct sunlight/UV rays for up to twelve hours after applying topically.

## Testimonials

### Try adding lemon to your washing machine

Author: Richard Bingham

Posted: Jan 19, 2011

I have been using Lemon in the bleach dispenser of my washing machine since 1996! Lemon's anti-bacterial action plus it's ability to cut through grease PLUS the fresh smell it gives to clothes all add up to an inexpensive way to boost up washing clothes.

### Permanent marker erased with lemon oil

Author: Taina Kingston

Posted: Nov 10, 2010

Our 2 year old wrote with black permanent marker on our light colored maple banister railing. I tried to get it off with a couple other methods before I remembered that lemon oil is good for stuff like that. With a bit of scrubbing and some lemon oil you cannot tell it was ever there!!

### Lemon essential oil helps to keep alert in class

Author: Maureen Birchfield

Posted: Oct 19, 2010

A friend and I took a weekend class. About

half way through the first day we were tired and a bit foggy. The next morning before we headed off to learn some more I made up a couple of 'smelling salts' with lemon YLEO . many times throughout the day we would take a deep inhalation of the lemon and it cleared our heads and kept us awake and alert. It was like night and day compared to the day before. I love going to workshops to learn new things but will never go to one again without my lemon 'smelling salts'

### Lemon for cleaning fresh produce

Author: Collette Matthews

Posted: Feb 03, 2010

Before I prepare fresh produce for my family, I like to wash it in a bowl of water with a few drops of lemon oil to remove possible pesticides, germs and dirt. I rinse with warm water so there is no left over lemon oil taste.

If I am feeling organized, I wash fresh fruit and veggies when I first bring them home and they last much longer having been washed in this solution. I have combined baking soda and lemon oil in the water as well.

### No more plaque in arteries

Author: Richard Benson

Posted: Nov 30, 2009

A few years ago I was diagnosed with 70% blockage in my arteries. Two years ago I started taking NingXia Red, one ounce in the am and one in the pm. I added one drop of lemon oil and one drop of peppermint to each ounce.

I just had a complete physical and there wasn't even a trace of LDL in my body. I also add one to three drops of lemon oil with every 'glass' of water I drink. Notice I said glass not bottle or plastic cup. The lemon oil can leach the plastic from the bottle or cup into the water.