

LEMON

citrus limon 10ml

HBNnaturals
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, β -pinene, γ -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.

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 countertops.

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.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

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