

LEMON

Citrus limonum

Keep your sunny side up

Source:	Italy
Extraction:	Cold expression of outer peel layer.
Blending Factor:	3
Odour Note:	Top

Characteristics:

Lemon is a pale yellow to greenish yellow liquid turning browner as it ages; with a light, fresh, sweet odour with characteristics of the ripe fruit.

Safety Precautions:

Photo-sensitising – increases the burning effect of the sun and UV light. Avoid use, in massage or bath, prior to sun or solarium exposure. May cause irritation – do not use on the skin in concentrations higher than 1%.

History:

Originally the lemon tree was native to northern India and used in the folk medicine of India. Lemon oil was probably brought to Europe by Arab traders in the 13th century.

The therapeutic value of lemons was recognized by the middle ages. Nicholas Lemery in his book on simple drugs in 1698 mentioned lemons as being digestives, as a blood cleanser and help to sweeten the breath after a heavy meal. The French pioneers in aromatherapy used the oil for serious infectious diseases and valued it highly.

Therapeutic Actions:

Antidepressant, antimicrobial, antirheumatic, antiseptic calmative, cicatrisant, diuretic, haemostatic, hypotensive, rubefacient, vermifuge

Enhances:

Alertness, awareness, calmness, focus, happiness, motivation, uplifting, reviving, refreshing, calming, balancing, soothing, anti-depressant, and circulatory tonic.

Reduces:

Stress, depression, colds, infectious diseases, mental fatigue, confusion, high blood pressure, and respiratory problems.

Uses:

Lymphatic system: Cellulite

Immune system: Chronic fatigue syndrome

Respiratory system: Colds, flu

Nervous system : Nervous exhaustion, headaches, insomnia,

Cardiovascular system: Poor circulation, High Blood pressure

Skin: Abscesses, corns, oily skin, warts.

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends well with:

Bergamot, Chamomile, Eucalyptus, Fennel, Frankincense, Geranium, Ginger, Juniper, Lavender, Neroli, Rose, Rosemary, Sandalwood, Ylang Ylang and Citrus oils.

Circulatory enhance Bath or Blend		Alertness Vaporiser or Blend		Warts	
Lemon	2	Lemon	3	Lemon	1
Lavender	2	Cedarwood	3	Tea Tree	1
Ylang Yland	4	Ginger	2	Apply 1 drop neat	4
Total drops	10	Total drops	8	Lemon Day 1	
In Carrier Oil	20 ml	In Carrier Oil	5 ml	Tea Tree Day 2	
Dispersant	5 ml	Or Vaporiser		Use oils alternative days until the wart has gone. Try avoid the healthy surrounding skin	