



Lemon Essential Oil (*Citrus limon* / *Citrus limonum*)

Lemon essential oil is a bright, fresh, citrus-scented oil primarily extracted by **cold-pressing** the peels of fresh lemons. It is one of the most popular and versatile essential oils, widely used in aromatherapy, natural cleaning, skincare, and wellness routines. Its main active component is **limonene** (typically 50-70%+), along with β -pinene, γ -terpinene, α -pinene, sabinene, citral, and other monoterpenes that contribute to its uplifting, antimicrobial, antioxidant, and cleansing properties.

Key Benefits

- **Mood & Mental Clarity:** Uplifting and energizing aroma that helps reduce stress, anxiety, and mental fatigue. Studies (including on students, surgical patients, and animals) show it can lower anxiety, blood pressure, and heart rate — sometimes more effectively than lavender or rose.
- **Energy & Focus:** Combats fatigue, improves alertness, concentration, and cognitive performance. Useful for work, study, or morning routines.
- **Nausea Relief:** Particularly effective for pregnancy-related morning sickness. Inhalation significantly reduced nausea and vomiting in studies on pregnant women.
- **Antimicrobial & Antifungal:** Effective against bacteria (e.g., *Staphylococcus aureus*, *E. coli*) and certain fungi. Supports minor wound care, air purification, and oral/skin health.
- **Skin Health:** Astringent properties help tone skin, manage oily/acne-prone skin, clarify complexion, and support wound healing. Contains antioxidants that may brighten skin and fight free radicals.
- **Immune & Respiratory Support:** Used for seasonal wellness, circulation, and soothing sore throats/colds when diffused.
- **Cleaning & Deodorizing:** Natural degreaser and odour eliminator with strong cleansing power.
- **Other:** Mild pain-relieving and anti-inflammatory effects (when used in blends); may support digestion when used internally in tiny food-grade amounts.

Note: Many benefits are supported by traditional use, preliminary human studies, animal/in-vitro research. It is not a substitute for medical treatment.

Common Uses

Aromatherapy

- Diffuse 3–6 drops for mood uplift, focus, air purification, or energy.
- Direct inhalation from bottle/tissue for quick nausea or stress relief.

Topical (Always Dilute)

- 1–2% dilution (1–2 drops per tsp/5 ml carrier oil like jojoba, coconut, almond, or grapeseed).
- Use in face creams, body lotions, massage oils, hair rinses (for oily hair), or nail soaks.





Household Cleaning

- Add to vinegar-water sprays for surfaces, kitchens, and degreasing.
- Use in laundry fresheners or wool dryer balls.

Internal Use

- Only with high-quality food-grade oil — typically 1 drop in water or recipes. Consult a professional first.

Other

- Room sprays (10–15 drops + water + witch hazel/alcohol).
- Bath (diluted, avoid direct addition due to phototoxicity).

Blends Well With

Lavender, Peppermint, Eucalyptus, Rosemary, Tea Tree, Bergamot, Grapefruit, Sweet Orange, Frankincense, Geranium, Cinnamon, Sandalwood.

Safety & Precautions

- **Phototoxicity:** Cold-pressed lemon oil makes skin highly sensitive to UV light. Avoid sun/UV exposure on treated areas for **12–24 hours**.
- **Dilution:** Always dilute for topical use. Perform a patch test.
- **Skin Sensitivity:** Can irritate sensitive skin or mucous membranes. Avoid eyes.
- **Ingestion:** Do not ingest undiluted. Use only food-grade oils labelled safe for internal use and consult a healthcare provider.
- **General:** Safe for most people when used properly, including pregnant women for inhalation (nausea). Consult a doctor if pregnant, nursing, on medication, using on children, or with medical conditions.
- **Pets:** Keep concentrated oil away from pets (can be toxic).
- **Storage:** Cool, dark place in amber glass. Can oxidize over time.

Summary: Lemon essential oil is a refreshing, multi-purpose staple valued for its bright scent, cleansing power, and ability to uplift mood and support daily wellness. When used safely and properly diluted, it's an excellent addition to natural living routines. For specific health concerns, consult a qualified aromatherapy or healthcare professional.

