

## Organic Lemon – *Citrus limonum*

**Code:** OR011

**Vol:** 10ML

**Country of Origin:** Sicily

### About the oil

**Expressed From:** The peel of lemon.

**Aroma & appearance:** Light, sharp, sweet aroma. Pale green-yellow in color

#### Some beneficial ways of enjoying the oil:

- This tangy oil has a clearing effect and so is particularly useful when recovering from general winter ills. It is very effective used in an oil burner or electric diffuser. Try adding 2 drops of Lemon, 2 drops of Lavender and 1 drop of Geranium to the water in an oil burner when feeling under the weather.
- For a warming bath on a cold, winter night use 2 drops of Lemon, 2 drops of Ylang Ylang and 1 drop of Sandalwood diluted in a teaspoon of Sweet Almond oil.

Absolute Aromas has consistent high quality in its range of citrus oils and Lemon is no exception. This is an excellent quality lemon selected from Sicily, generally regarded as the top source for many citrus oils.

#### Did you know?

In most European countries, lemon is seen as the 'cure all', mostly used for infectious diseases.

**Key Search words:** Refreshing, uplifting, antiviral, antiseptic, clearing, stimulating

#### Safety Data

As with all citrus oils, this is somewhat phototoxic, and should be used with caution before exposure to sunlight or UV beds.

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