



BENEFITS: Lemon essential oil is extracted from lemon peels and has numerous benefits for health and home, including enhancing mood, improving digestion, cleansing toxins, stimulating lymphatic drainage, rejuvenating energy, purifying skin, fighting bacteria and fungi, freshening the air and cleaning your home.

INDICATIONS: Lemon may be used to support:

- **Enhance Focus:** Inhaling Lemon essential oil can aid in concentration, improve your ability to focus, boost your brainpower and help to alleviate mental fatigue by enhancing energy and mental flexibility.
- **Detoxification Support:** Lemon oil has a purifying, cleansing and protective effect on the body. It helps defend the body against harmful pathogens and promotes detoxification through the blood and liver. Lemon oil also stimulates lymphatic drainage which helps you detoxify.
- **Boost Mood:** Lemon essential oil may help reduce anxiety and depression symptoms. [Research](#) on the *Effects of citrus fragrance on immune function and depressive states* found that "citrus fragrance was more effective than antidepressants."
- **Improves Digestion:** Lemon essential oil can help soothe digestive problems, including issues like gastritis and constipation. Inhaling Lemon essential oil has been found to relieve nausea and vomiting.
- **Weight Loss:** Lemon essential oil may help to suppress appetite, promote weight loss, the help the body breakdown fat. Lemon also contains d-limonene which is known to boost your metabolism.
- **Antimicrobial Agent:** Lemon essential oil works as a natural antimicrobial agent because of two dominant compounds found in the oil, limonene and b-pinene. This makes lemon oil a powerful tool in cleaning and food protection.
- **Cleaning Aid:** Lemon's refreshing scent and invigorating, purifying and natural disinfectant properties make it a popular oil to use to clean countertops and other surfaces, especially in places like your kitchen and bathroom.



Application

HOW TO USE: You can safely use lemon essential oil by diffusing it or applying it topically. Inhalation immediately helps with focus or mood. Take care to dilute if applying on the skin and be careful not to apply before going out in the sun as lemon oil can promote photosensitivity, which increases your sensitivity to the sun.

WHEN TO USE: Use Lemon whenever you need a mood or focus boost.

INGREDIENTS: Vibrant Blue Oils 100% Lemon Essential Oil, Organically Grown in Italy.

PRODUCT TIPS:

- Lemon oil helps with concentration. Lemon is considered the "Oil of Focus" and may help support concentration in those who struggle with ADD/ADHD.
- Lemon is an amazing cleaning aid. It can get sharpie pen and gum off of anything and can also help remove gum, oil, and grease stains from clothes and surfaces.