

Lemon Organic Essential Oil



Main Constituents:

Limonene: 55 - 70%

Certified Organics: This Organic Oil is NOP Certified. The National Organic Program develops, implements, and administers national production, handling, and labeling standards for organic agricultural products. The QAI also accredits the certifying agents (foreign and domestic) who inspect organic production and handling operations to certify that they meet USDA standards.

Botanical Name: Citrus limonum

Plant Part: Fruit Peel

Extraction Method: Cold Pressed

Origin: Italy

Description: The Lemon tree was originally a small thorny evergreen tree native to India. It is now common in Southern Europe, Florida and California.

Color: Pale yellow to yellow liquid.

Common Uses: Organic Lemon Essential Oil has been historically recognized as a cleanser. It is reputed as being antiseptic, and as having refreshing and cooling properties. On skin and hair it can be used for its cleansing effect, as well as for treating cuts and boils. Research has also shown Lemon Essential Oil to enhance the ability to concentrate.

Consistency: Thin

Note: Top

Strength of Aroma: Strong

Blends well with: Bergamot, Lime, Orange and Mandarin.

Aromatic Scent: Organic Lemon Essential Oil has an aroma is similar to fresh lemon rinds except richer and more concentrated.

History: The fruit was well known in Europe by the middle ages, and Greeks and Romans were advocates of its therapeutic properties. Lemon essential oil reached the height of its fame when the British began using the citrus fruit to counteract the effects of scurvy.

Cautions: Organic Lemon Essential Oil is non-toxic, but may cause skin irritation in some. Lemon is also phototoxic and should be avoided prior to exposure to direct sunlight. Avoid during pregnancy.

IMPORTANT: All of our products are for external use only.

In addition, please read & understand appropriate technical, material safety data sheets and disclaimers before using this or any other Rasheed product.

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The [health benefits of lemon](#) oil can be attributed to its stimulating, calming, carminative, anti-infection, astringent, detoxifying, antiseptic, disinfectant, sleep inducing, and antifungal properties. The benefits of lemon oil include its ability to treat stress disorders, fever, infections, asthma, obesity, insomnia, skin disorders, hair conditions, stomach problems and tiredness.

Lemons are one of the most popular citrus fruits in the world, and are widely used for culinary purposes, since they are a good source of vitamins and aid in digestion. It also adds a pleasant taste and aroma to food. Furthermore, lemon juice is one of the most popular drinks in the world as it is very healthy, delicious, and inexpensive.

Health Benefits of Lemon Oil

The health benefits of lemon oil include the following:

Skin care: Lemon oil is a good remedy for increasing the luster of dull skin. It is astringent and detoxifying in nature, and rejuvenates sagging or tired-looking skin. Its antiseptic properties help in treating pimples and various skin disorders. Lemon is also recommended for reducing excessive oil on the skin.

Stress: Lemon oil is calming in nature and therefore helps in removing mental fatigue, exhaustion, dizziness, anxiety, nervousness and nervous tension. It has the ability to refresh the mind by creating a positive mindset and removing negative emotions. It is also believed that inhaling lemon oil helps in increasing concentration and alertness. It can therefore be used as a room freshener in offices to increase the efficiency of the employees.

Immune system: Lemon oil has a high vitamin content, which makes it a wonderful booster for the body's immune system. It further stimulates white blood cells, thus increasing your ability to fight off diseases. Lemon oil also improves circulation throughout the body.

Asthma: It is believed that lemons are also useful for treating asthma, since inhaling the aroma of lemons can clear the nasal passages and sinuses, promoting good air flow and steady breathing.

Insomnia: Health benefits of lemon oil include providing relief from sleeplessness. Using lemon oil ensures good sleep and helps people that suffer from insomnia.

Stomach ailments: Since lemon oil is carminative, it is used in the treatment of various stomach problems, including indigestion, acidity, upset stomach, and cramps.

Hair care: Lemon oil is also effective as a hair tonic. Many people use lemon oil to get strong, healthy and shiny hair. Lemon oil is also used to eliminate dandruff.

Weight loss: Lemon juice is very helpful in reducing weight, and satisfying appetite to reduce the chance of overeating.

Fever: Lemon oil is effective against infectious diseases such as fever, malaria and typhoid.

Other benefits of lemon

Other benefits of lemon include the following:

Cleaners: Lemon is a good cleaner, which is why it is used for cleansing the body, metal surfaces, dishes, and clothes. It is also a disinfectant, so it is commonly used for

cleaning surfaces such as butcher's knives and blocks that can get contaminated very easily.

Perfumes : Lemon oil has a distinctly refreshing aroma which makes it a good ingredient for perfumes. Many scented candles contain lemon oil, and it is also used in potpourris.

Soaps and cosmetics: Lemon juice and lemon essential oil are both used in soaps, face washes and many other personal care and skin care cosmetics due to its antiseptic quality.

Beverages: Lemon oil is used in various artificial drink concentrates to give them the taste of lemon juice.

Lemon oil blends well with many other essential oils including lavender essential oil, rose oil, neroli essential oil, sandalwood oil, geranium essential oil, ylang ylang essential oil, tea tree essential oil, making it a popular oil for herbalists and those who practice the healing art of aromatherapy.

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