

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Lemon Essential Oil

Botanical Name: Citrus limonum

Plant Part: Fruit Peel

Origin: Italy

Processing Method: Cold Pressed

Color:

Consistency: Thin

Note: Top

Strength of Aroma: Strong

Aromatic Scent: Lemon Essential Oil has a strong citrus scent.

Blends well with: Eucalyptus, Fennel, Frankincense, Geranium, Peppermint, Sandalwood, and Ylang Ylang. Depending on your uses for this oil, substitutes may include: Frankincense, Wild Orange, Lime, or Peppermint

Common uses:

Athlete's foot, chilblains, colds, corns, dull skin, flu, oily skin, spots, varicose veins, warts. Lemon is Antiseptic, antimicrobial, antirheumatic, antiseptic, antispasmodic, astringent, bactericidal, carminative, depurative, diaphoretic, diuretic, febrifuge, haemostatic, hypotensive, insecticidal, rubefacient, tonic, vermifuge. Also an excellent addition to clean surfaces.

Cautions:

Lemon essential oil is non-toxic and non-irritant. Cold pressed Lemon Essential Oil is phototoxic. Tisserand and Young recommend a dermal maximum of 2.0% for the cold pressed oil to avoid the risk of a phototoxic reaction. Avoid direct sunlight for 24 hours if using topically if used over 2%.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

