

Lemon Essential Oil

Citrus limon

Family: Rutaceae

Origin: Tree originated in Asia, now cultivated in Australia, Italy and California

Extraction Method: Cold pressed from the fresh peel. Odor is clean, fresh, citrus, bright

Color: Pale Yellow to Deep Yellow

Consistency: Thin

Perfumery Note: Top

Aroma Description: Lemon Essential Oil smells similar to fresh lemon rinds except that it is more concentrated.

Main Chemical Constituents:

Limonene up to 70%

B-Pinene

Gamma-Terpinene

α-Terpineol

α-Pinene

Geraniol

Body:

Respiratory conditions, colds, flu, detoxification, liver cleanser and stimulant.

Mind/Emotions:

Stimulant to the brain and all sense organs, aids concentration.

Spirit/Subtle Energy:

Said to promote spiritual psychic awareness. Cooling and calming.

Precautions/Safety Data:

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. If it is applied to the skin at over the maximum use level, the skin should not be exposed to sunlight or sunbed rays for 12 hours.

They precaution to avoid topical use of Lemon Oil if it has oxidized.

*Photosensitization and phototoxicity can occur when certain essential oil constituents (natural chemicals found in particular essential oils) react when exposed to ultraviolet light.

Inflammation, blistering and reddening/burning of the skin are common.

Reflection

- Throughout the day drink plenty of water with slices of lemon to keep you fully hydrated, alert and switched on. Lemon is uplifting to your brain, enlivens your body and keeps your energies humming along.
- Lemon is a joyous and energizing essential oil that helps to open and strengthen our intuition. It encourages us to be fully present, focused and clear for intuitive impressions and helping us stay grounded in the heart.



Blending

Lemon adds a refreshing top note to all aromatherapy blends.

To promote mental clarity, and alleviate fatigue and tiredness, consider blending lemon oil with essential oils such as basil, black pepper, geranium, ginger, lemongrass, peppermint.

To create a blend that is antiseptic, consider blending lemon oil with eucalyptus, fragonia, lavender, tea tree.

References

1. Battaglia, Salvatore. The Complete Guide to Aromatherapy, Third Edition, 2018
2. Cooksley, Valerie. Aromatherapy: A Holistic Guide to Natural Healing with Essential Oils, 2015
3. Tisserand, Robert and Rodney Young. Essential Oil Safety, 2nd ed., 2014
4. Robbi Zeck, ND, The Blossoming Heart: Aromatherapy for Healing and Transformation, 2008
5. Keim Loughran J, Bull R. Aromatherapy anointing oils. Frog, Berkeley, 2001.