

THERAPEUTIC ESSENTIAL OILS

EOs ~ Nature's 1st Aid Pharmacy

LEMON: (Citrus limon) has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. It may serve as an insect repellent and may be beneficial for the skin.

CAUTION: Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.

In the bathroom & for personal health:

1. Use 6 drops-Lemon EO+6 drops-Purification EO (a Young Living blend) mixed with 1 cup distilled water in a squirt bottle. Use in the bathroom as an air freshener.
2. Use a paper towel soaked with several drops-Lemon EO to sanitize bathroom fixtures.
3. Rub a drop-Lemon EO on your hands after using a public bathroom, coming home from shopping, while traveling to help keep yourself from getting sick. MUCH nicer than those anti-bacterial lotions!
4. Put a drop-Lemon EO on oily skin or acne to balance sebaceous glands (oil glands).
5. Rub a drop-Lemon EO on a corn, callous, bunion, plantars wart or other sorts of warts, mornings and evenings until it disappears.
6. Rub two drops-Lemon EO topically to clear athlete's foot.
7. Put a drop-Lemon EO on bleeding gums caused by gingivitis or tooth extraction.

In the kitchen & cooking:

8. Soak your dishcloth overnight in a bowl of water with a drop-Lemon EO to disinfect and kill germs.
9. Add a drop-Lemon EO to your dishwasher before the wash cycle.
10. Add 2-3 drops-Lemon EO to water and spray counter tops to sterilize them.
11. Rub a drop-Lemon oil to clean a butcher's block or other cutting surfaces.
12. Use 1 drop-Lemon EO or more to taste for flavoring beverages, baked goods, sauces, homemade ice cream, etc.
13. For homemade lemonade, mix 2 drops-Lemon EO, 2 tablespoons of honey, and two cups of pure water in a blender. Adjust the amount of each ingredient to suit your own taste.
14. To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops-Lemon EO. Put your cleaned fruit in the water and stir, so all surfaces of the fruit contact the lemon water.

Household Cleaning:

15. Use 1-2 drops-Lemon EO to remove gum, oil, grease spots or crayon.
16. Put 10-15 drops of Lemon oil in each gallon of carpet cleaning solution to help pull out stains and brighten the rug. Will leave a fresh smell in the room.

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If you want to know more:

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