



LEMON ESSENTIAL OIL

INTENDED BENEFITS:

- **Mood, Focus, & Energy Uplifter & Productive Environment**
- **Natural Air Freshener & Respiratory Support**
- **Immune System Support**
- **Bloating & Indigestion**
- **Detoxification & Digestive Aid**
- **Natural Cleaner, Disinfectant & Deodorizer**



Ingredients: 100% guaranteed pure Citrus Limon

USE SUGGESTIONS

When using topically, ** dilution with a carrier oil is recommended. This oil can cause photosensitivity which increases sensitivity to sunlight, potentially causing sunburn or skin damage. Use with caution.

- **MOOD/FOCUS/ENERGY:**
Diffuse, inhale aroma, or add to shower and inhale steam.
- **AIR FRESHENER/RESPIRATORY SUPPORT:**
Diffuse to eliminate odors, refreshen air, promote easier breathing, and clear congestion.
- **IMMUNE SUPPORT:**
Diffusing or adding to massage oil may have antioxidant effects and protect against pathogens.
- **BLOATING/INDIGESTION:**
Adding 1-2 drops to tongue and swishing in mouth or diluting with CS Muscadine Oil (carrier oil) and applying to abdomen may relieve stomach pain and help stimulate healthy digestion.
- **DETOXIFICATION/DIGESTIVE AID:**
Add 1-3 drops to water and swish in mouth 3 times daily. Alternatively, use oil to make a tea.
- **CLEANER/DEODORIZER:**
Adding to DIY cleaning solutions or a spray bottle of water may act as an antimicrobial, odor eliminator, and help to remove stains.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Individual results may vary.

**Always perform a patch test on the skin before application the first time.

