



LEMON OIL

Applications:

A= Aromatic(smell). Inhalation: Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick and inhale. **Diffusion:** Use a cold diffuser to disperse oil into the air.

T= Topical. Direct Application: Apply 1-2 drops of oils directly on desired location and/or on bottom of feet. **Children:** Dilute with fractionated coconut oil before applying. 1/3 essential oil for smaller children and 1/2 for older children.

I= Internally. Place 2-3 drops of lemon in a veggie capsule and swallow. Or place 1-3 drops in a cup of water before drinking.

Warning- Citrus oils are photosensitive and should not be applied on the skin if you are staying out in the sun.

Common Uses:

(A) Air Purification, (I) Anemia, (A,T) Anxiety, (I) Allergies, (T) Bathroom/Kitchen Cleansing, (A,T) Brain Injury, (T) Cold Sores, (A,T,I) Colds, (A) Concentration (poor), (T) Constipation, (T) Cradle Cap, (A,T) Depression, (T) Disinfecting, (I,T) Fever, (I) Gout, (T) Greasy/Oily Hair, (T) Gum/Grease Removal, (A,T) Hangover, (T) Heartburn, (I) Kidney Stones, (T) Laundry, (T) Oily Skin, (I,A) Overeating, (A) Memory, (I,T) Parasites (Intestinal), (A,T) Postpartum Depression, (A,T) Relaxing, (A,T) Stress, (A) Uplifting, (T) Varicose Veins, (I,T) Water Retention (Swelling)

Buy oils online:

Website for natural living: www.jamieta.com and www.jadebalden.com



LEMON OIL

Applications:

A= Aromatic(smell). Inhalation: Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick and inhale. **Diffusion:** Use a cold diffuser to disperse oil into the air.

T= Topical. Direct Application: Apply 1-2 drops of oils directly on desired location and/or on bottom of feet. **Children:** Dilute with fractionated coconut oil before applying. 1/3 essential oil for smaller children and 1/2 for older children.

I= Internally. Place 2-3 drops of lemon in a veggie capsule and swallow. Or place 1-3 drops in a cup of water before drinking.

Warning- Citrus oils are photosensitive and should not be applied on the skin if you are staying out in the sun.

Common Uses:

(A) Air Purification, (I) Anemia, (A,T) Anxiety, (I) Allergies, (T) Bathroom/Kitchen Cleansing, (A,T) Brain Injury, (T) Cold Sores, (A,T,I) Colds, (A) Concentration (poor), (T) Constipation, (T) Cradle Cap, (A,T) Depression, (T) Disinfecting, (I,T) Fever, (I) Gout, (T) Greasy/Oily Hair, (T) Gum/Grease Removal, (A,T) Hangover, (T) Heartburn, (I) Kidney Stones, (T) Laundry, (T) Oily Skin, (I,A) Overeating, (A) Memory, (I,T) Parasites (Intestinal), (A,T) Postpartum Depression, (A,T) Relaxing, (A,T) Stress, (A) Uplifting, (T) Varicose Veins, (I,T) Water Retention (Swelling)

Buy oils online:

Website for natural living: www.jamieta.com and www.jadebalden.com



LEMON OIL

Applications:

A= Aromatic(smell). Inhalation: Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick and inhale. **Diffusion:** Use a cold diffuser to disperse oil into the air.

T= Topical. Direct Application: Apply 1-2 drops of oils directly on desired location and/or on bottom of feet. **Children:** Dilute with fractionated coconut oil before applying. 1/3 essential oil for smaller children and 1/2 for older children.

I= Internally. Place 2-3 drops of lemon in a veggie capsule and swallow. Or place 1-3 drops in a cup of water before drinking.

Warning- Citrus oils are photosensitive and should not be applied on the skin if you are staying out in the sun.

Common Uses:

(A) Air Purification, (I) Anemia, (A,T) Anxiety, (I) Allergies, (T) Bathroom/Kitchen Cleansing, (A,T) Brain Injury, (T) Cold Sores, (A,T,I) Colds, (A) Concentration (poor), (T) Constipation, (T) Cradle Cap, (A,T) Depression, (T) Disinfecting, (I,T) Fever, (I) Gout, (T) Greasy/Oily Hair, (T) Gum/Grease Removal, (A,T) Hangover, (T) Heartburn, (I) Kidney Stones, (T) Laundry, (T) Oily Skin, (I,A) Overeating, (A) Memory, (I,T) Parasites (Intestinal), (A,T) Postpartum Depression, (A,T) Relaxing, (A,T) Stress, (A) Uplifting, (T) Varicose Veins, (I,T) Water Retention (Swelling)

Buy oils online:

Website for natural living: www.jamieta.com and www.jadebalden.com



LEMON OIL

Applications:

A= Aromatic(smell). Inhalation: Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick and inhale. **Diffusion:** Use a cold diffuser to disperse oil into the air.

T= Topical. Direct Application: Apply 1-2 drops of oils directly on desired location and/or on bottom of feet. **Children:** Dilute with fractionated coconut oil before applying. 1/3 essential oil for smaller children and 1/2 for older children.

I= Internally. Place 2-3 drops of lemon in a veggie capsule and swallow. Or place 1-3 drops in a cup of water before drinking.

Warning- Citrus oils are photosensitive and should not be applied on the skin if you are staying out in the sun.

Common Uses:

(A) Air Purification, (I) Anemia, (A,T) Anxiety, (I) Allergies, (T) Bathroom/Kitchen Cleansing, (A,T) Brain Injury, (T) Cold Sores, (A,T,I) Colds, (A) Concentration (poor), (T) Constipation, (T) Cradle Cap, (A,T) Depression, (T) Disinfecting, (I,T) Fever, (I) Gout, (T) Greasy/Oily Hair, (T) Gum/Grease Removal, (A,T) Hangover, (T) Heartburn, (I) Kidney Stones, (T) Laundry, (T) Oily Skin, (I,A) Overeating, (A) Memory, (I,T) Parasites (Intestinal), (A,T) Postpartum Depression, (A,T) Relaxing, (A,T) Stress, (A) Uplifting, (T) Varicose Veins, (I,T) Water Retention (Swelling)

Buy oils online:

Website for natural living: www.jamieta.com and www.jadebalden.com

