

Suggested Uses for dōTERRA® Lemon Essential Oil

Citrus limon

- Add one drop to a glass or bottle of water a few times a day for a healthy gut
- To elevate moods, diffuse one drop in air or apply to hands
- To soothe throat irritations, mix one teaspoon honey with one drop lemon oil
- Add to a glass spray bottle to neutralize odors and disinfect counters
- Remove label adhesives, gum, and greasy substances from hair, fabric, hands and floors
- Use to clean stainless steel appliances and kitchen floors
- Elevates your mood while cleaning
- Add to fractionated coconut oil or olive oil for a natural furniture polish