



Lemon Essential Is a Must In Every Home.

Lemon essential oil (EO) is something I always have in the house. The benefits of this oil are quite astounding and many cultures include it in their healing practices. Plenty of interest surrounds this somewhat common EO and hundreds of scientific studies have examined its benefits.

Lemon EO is made from the skin of the lemon, where most of the nutrients are found and, unlike many other oils, can be applied topically to the skin. Lemon EO can also be diffused or taken internally, making it a very versatile essential oil.

There is a lot of buzz in the cosmetic and dermatological industries over Lemon EO and for good reason. Lemon EO can aid the regulation of oil on the face. It can increase oil production if the skin is dry and vice versa. Lemon EO has also been shown to improve complexion and to repair damaged skin. A really simple acne cleanser can be made from lemon EO and baking soda.

Another topical use for lemon EO (that I have had personal success with) is warts. Our son had six warts on his foot and I had tried several home remedies that just didn't work. They were becoming big and painful. Finally, I asked one of my friends who is well versed in EO's and she told me to try lemon EO directly on the wart 2-3

times a day. I did as she prescribed and, within 3 days, they were gone! It works like a dream without any of the pain that is generally associated with wart removal.

If you study EO's, you will learn that there are calming, cooling, warming and awakening oils. Lemon EO is generally referred to as an "awakening" oil. When Lemon EO is cold diffused, or rubbed on the wrists or temples, it causes one to perk up and wake up. There can be a general increase in cognitive functioning and mood too. Lemon EO is also a great product to use, instead of eating lemons, to aid nausea, morning sickness, cramping, reflux and heartburn. There is no doubt, using Lemon EO can benefit the body and the mind.

There is good reason the smell of lemon is associated with cleanliness. Lemon EO is fantastic when included in DIY household cleaners because it is a deodorizer and an antimicrobial. Adding a drop to the laundry will remove sweaty and mildewy odors. It can also be added into vegetable washing. In a study conducted by the FDA the use of lemon EO protected against human pathogens.

Lemon EO, in my opinion, is something every home should have. There are so many applications from health aid to home cleaner. I encourage you to explore lemon EO and treat your family to an uplifted and healing EO experience.