

LEMON

Latin Name: *Citrus limon*

Botanical Family: Rutaceae

Other Common Names:

Extraction Information

Country of Origin: Italy, USA, Argentina, Sicily, Cyprus

Part of Plant Used: Peel or Zest

Extraction Method: Expression

Oil Content: 0.5 – 2.5% cold pressed

Color of Oil: Pale Yellow

Blending Information

Odor Description: Sharp, Citrus, Refreshing

Blending Factor: 4

Note: Top

Energy: Cool and Dry

Blends Well With: Grapefruit, Ginger, Tea tree, Eucalyptus globulus or E. radiata, Lavender, Juniper berry, Pinus species (e.g. Scots Pine), Cypress, Cedar, Cedarwood, Douglas Fir, Black Spruce, Ravintsara, Palmarosa, Elemi, Boswellia carterii, Myrrh, Niaouli

Indicated For: Acne, Boils, corns, oily complexions, mouth ulcers, cellulite, varicose veins (can help to prevent and also to prevent them from getting worse), tired sagging and grayish (smoker's) skin, broken capillaries, ulcers where a large amount of puss or debridement is present: use 1.5% dilution in distilled water with lemon and tea tree and apply via a mister to whole area of ulcer at frequent intervals.

Safety Information: Use less than 7 – 10 drops, of citrus oils combined or singly, in a bath to avoid skin irritation. The use of a dispersant for citrus oils in a bath is highly recommended. Due to the limonene content in both expressed and distilled lemon, it is very important that the essential oil is stored properly. When limonene is oxidized it can become a dermal sensitizer. Average shelf life for monoterpene rich EO's, such as lemon, when stored correctly is 1 – 3 years.

Contraindications: Low risk of phototoxicity



GRAS status:



Botany:

Citrus limon has small branches and twigs, pointed, slightly serrated light to mid-green leaves. The flowers are white, the buds pink-tinged. The flowers will occur as single flowers or in small groups. The fruit is light to medium green becoming yellow to bright yellow upon ripening. The peel is relatively thin, smooth and tight; or rough, thicker and is somewhat loosely attached.

History + Myth

The lemon tree, like other citrus trees, appears to have originated in Asia and then was carried over to other continents. Christopher Columbus introduced into the new world in the late 1400's. During the 17th century, lemon was used as a blood cleanser and purifier agent. Lemon juice was once an important remedy for scurvy.

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Therapeutic Actions

Antidepressant, antiseptic, antispasmodic, **astringent**, **anxiolytic**, depurative, **detoxifier**, digestive, diuretic, escharotic, febrifuge, hepatic, hypotensive, **immune enhancer**, stomachic, tonic

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Chemical Feature:

Rich in monoterpenes, particularly d-limonene.

Chemical Composition

Chemical composition of *Citrus limon* (expressed)

Monoterpenes	α -pinene (1.71%), α -thuyene (0.37%), β -myrcene (1.56%), β -pinene (10.55%), γ -terpinene (7.92%), d-limonene (69.83%), sabinene (1.55%)
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Sesquiterpenes	β -caryophyllene (0.49%)
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Monoterpene alcohols	linalool (0.13%)
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Aldehydes	geranial (0.49%)
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www.stillpointaromatics.com/lemon-Citrus-limonum-essential-oil-aromatherapy

**Distilled lemon has a similar composition as expressed with slight differences in amounts of each component. Distilled lemon tends to be used in food flavoring rather than in aromatherapy. The aroma of distilled lemon is considered to be inferior to that of the expressed lemon.² See safety notes for further information.

Core Aromatic Applications:

Circulatory system: poor circulation, detoxing

Digestive system: poor or sluggish digestion³, toxic overload

Lymph/immune system: lymphatic congestion, preventative for contagious illnesses⁴

Musculoskeletal system: muscular or joint aches and pains, arthritis, cellulite, rheumatism, joint swelling, gout.

Skin: acne, boils, corns, oily complexions, mouth ulcers, cellulite, varicose veins (can help to prevent and also to prevent them from getting worse), tired, sagging and grayish (smoker's) skin, broken capillaries, ulcers where a large amount of puss or debridement is present: use 1.5% dilution in distilled water with lemon and tea tree and apply via a mister to whole area of ulcer at frequent intervals⁵

Psyche & Emotion: anxiety, clarifying, cleansing, refreshing, rejuvenating, expanding, uplifting, depression, dislike of exercise, limited communication skills.

Subtle/Energetic Aromatherapy: Lemon is able to heighten consciousness and is generally activating, stabilizing, and calming during a potential emotional outburst due to its cooling, clearing, and refreshing effect.⁶

Lemon has the ability to dispel sluggishness and can help to clear negative blockages and revitalize energy.⁷

Ayurveda: reduces excess kapha congestion mentally, physically, and emotionally, provides lightness to the heaviness of kapha

TCM: In Oriental medicine, lemon essential oil is cool and dry in nature and can be used to clear heat, dampness, and phlegm.⁸

Keywords: Uplifting, Cleansing, Helps to release, Relieves Anxiety

Research/ Additional Notes:

- Citrus limon has sedative, anxiolytic and antidepressant activities.⁹
- Citrus limon has antioxidant activity.

Our findings strongly support the hypothesis that oxidative stress in hippocampus can occur during neurodegenerative diseases, proving that hippocampal damage induced by the oxidative process plays a crucial role in brain disorders, and also imply that a strong protective effect could be achieved using EO of Citrus limon (L.) Burms (Rutaceae) as an antioxidant.¹⁰

- Our results support that the essential oil of Citrus limon exhibits an antioxidant action in preventing lipoperoxidation (probably due to hydroxyl radical scavenging activity) and a clear antinociceptive activity.¹¹
- Lemon (Citrus limon) is effective penetration enhancer for vitamins held in w/o or o/w emulsions.

Lemon EO produced only reversible modification of TEWL, and it is a safe and effective penetration enhancer for topical administration of lipid- and water-soluble vitamins.¹²

Lemon (Citrus limon) exhibits lipolytic (ability to break up fat) activity.¹³

- Lemon (Citrus limon) is antidepressant and anxiolytic. These findings suggest that the antidepressant-like effect of lemon oil is closely related with the 5-HTnergic pathway, especially via 5-HT(1A) receptor. Moreover, the lemon oil significantly accelerated the metabolic turnover of DA in the hippocampus and of 5-HT in the prefrontal cortex and striatum. These results suggest that lemon oil possesses anxiolytic, antidepressant-like effects via the suppression of DA activity related to enhanced 5-HTnergic neurons.¹⁴
- A combination of lemon, orange, and bergamot essential oils with cis-4-hexenol exhibits antidepressant and immune enhancing activities. In our previous experiments on animals evidence was found that citrus fragrance can restore the stress-induced immunosuppression, suggesting that citrus fragrance may have an effect on restoring the homeostatic balance. Since a dysregulation of the neuroendocrine and immune function is thought to be associated with psychosomatic or psychiatric disorders an attempt was made to restore their mental health by stimulation of one of the sensory systems. Fragrance (citrus was our choice) which comforts through stimulation of the olfactory system was applied to depressive patients. It was

given to 12 depressive subjects and the results indicated that the doses of antidepressants necessary for the treatment of depression could be markedly reduced. The treatment with citrus fragrance normalized neuroendocrine hormone levels and immune function and was rather more effective than antidepressants.¹⁵

DETOX BLEND

Lemon • Grapefruit • Cypress

Muscular Aches and Pains

Lemon • Rosemary • Peppermint