



Lemon Essential Oil

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Lemon Essential Oil

Lemon essential oil has a refreshing light citrus scent due to its antiseptic properties. It's excellent for skin problems as well as digestive issues and sore throats to name a few.

About Lemon

Lemon Essential oil has great antiseptic properties as well as being a valuable tonic, astringent, antacid, diuretic, emollient, hypotensive, anti-rheumatic and laxative. It can be used in a variety of ways to treat conditions ranging from digestive disorders to fighting infections. It can be used to treat skin complaints and improve conditions such as gingivitis.

Due to its antacid, diuretic and laxative properties Lemon can help to detoxify and cleanse the system and relieve symptoms of IBS and other digestive issues.

Lemons fresh citrus scent is not only a fantastic natural air freshener but it can also improve your mood, relieve anxiety and clear your mind. And if that wasn't enough, this versatile oil can also be added to homemade detergents to fragrance and improve the cleaning action. It can also make a pleasant smelling insect repellent.



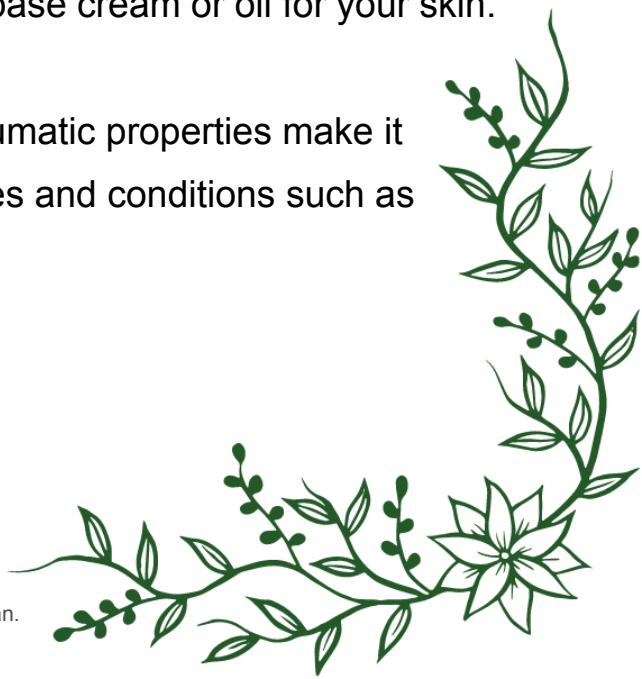
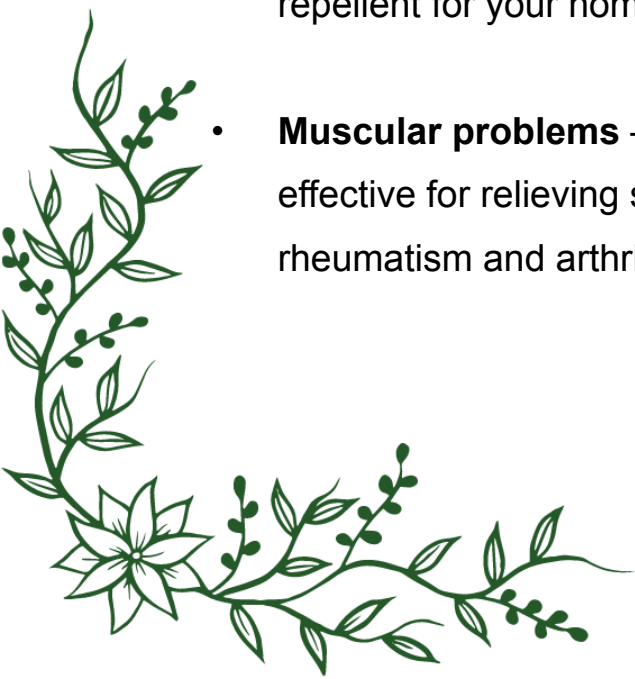
Healing Properties Of Lemon Essential Oil

Lemon essential oil has the following healing properties:

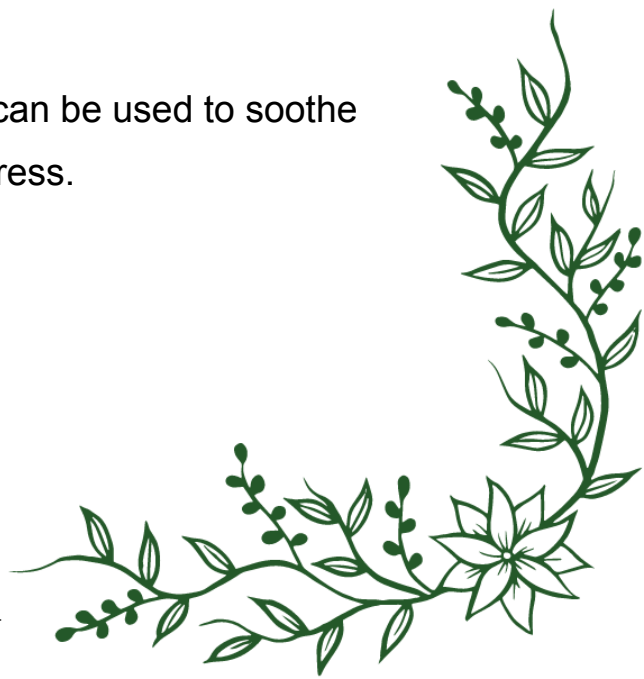
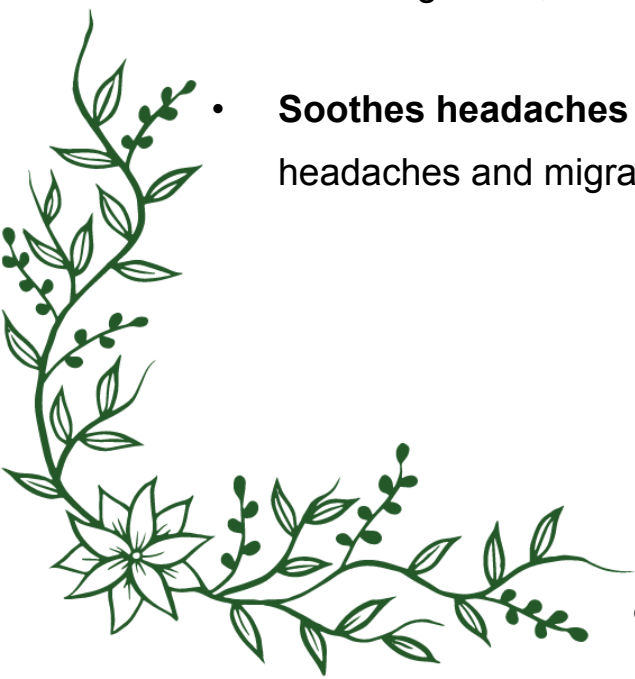
Properties

Highly antiseptic, tonic, astringent, anti-acid, diuretic, emollient, hypotensive, anti-rheumatic and laxative.

- **Aids the digestive system** – due to its antacid, diuretic and laxative properties it can help to cleanse the digestive system and relieve conditions such as IBS.
- **Sore throat** – due to its antiseptic properties Lemon makes a good gargle for treating sore throats.
- **Improving mood and anxiety** – Lemon can help to improve moods and reduce anxiety as well as clearing the mind.
- **Skin Conditions** – due to its astringent properties Lemon is great for clearing greasy skin and hair and drying out acne.
- **Insect repellent** – Lemon makes a fresh, pleasant smelling insect repellent for your home and added to a base cream or oil for your skin.
- **Muscular problems** – Lemons anti-rheumatic properties make it effective for relieving sore aching muscles and conditions such as rheumatism and arthritis.



- **Lowering blood pressure** – the hypotensive properties of Lemon can make it effective in helping to lower blood pressure.
- **Liver purifier** – due to its ability to cleanse and detoxify the body through its diuretic and laxative properties it can help to purify the liver.
- **Fight against infections** – Lemon can be used to fight infections and boost the immune system and reducing the severity of cold and flu outbreaks.
- **Sinusitis** – Lemon can be used to treat the congestion and infection that leads to painful sinusitis.
- **Gingivitis** – its antiseptic properties make it an excellent natural remedy for gingivitis and infections of the mouth.
- **Nosebleeds** – it can help reduce the amount and severity of nosebleeds.
- **Corns, warts and verrucas'** - Lemon makes an effective aid to banishing corns, warts and verrucas.
- **Soothes headaches and migraines** – can be used to soothe headaches and migraines and relieve stress.



Ways to use Lemon Essential Oil

Diffuse

- Lemon essential oil can be used in diffusers or oil burners. Using Lemon essential oil in this way is particularly beneficial in relieving colds, flu, depression, stress, lack of energy and fatigue. It furthermore relieves irritation and also helps improve concentration, reduces stress and its naturally energising scent help increase energy levels, reduce fatigue and encourage clear thinking.

Diffuse 1 - 3 drops of Lemon essential oil in an oil burner or diffuser.

Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles, arthritis and rheumatism. Lemon essential oil can help lift feelings of depression and stress as the scent is inhaled during the massage. It is an energising oil so although it can calm the mind it can also increase energy levels and reduce feelings of fatigue.

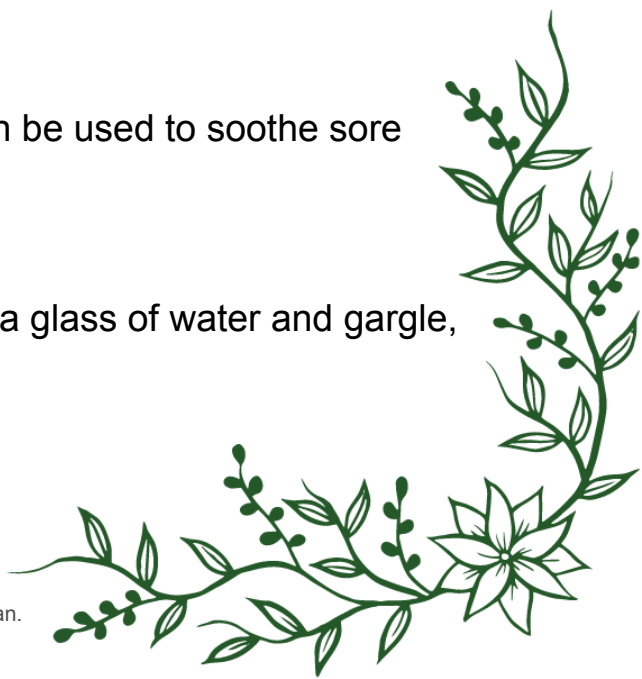
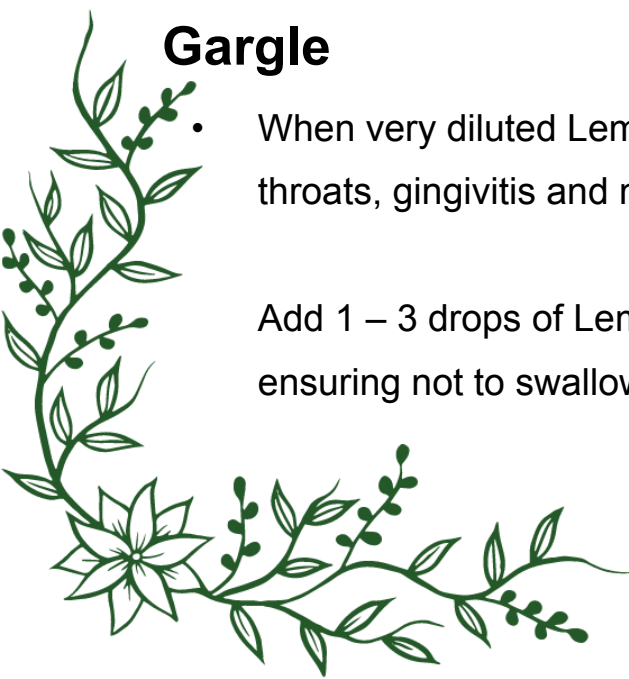
Adults - up to 7 drops of Lemon essential oil in 1 tbsp of carrier oil

Children over 2 years old - up to 3 drops lemon essential oil in 1
tbsp of carrier oil.

Gargle

- When very diluted Lemon essential oil can be used to soothe sore throats, gingivitis and mouth infections.

Add 1 – 3 drops of Lemon essential oil to a glass of water and gargle, ensuring not to swallow.



Cream

- Adding a few drops of Lemon to a base cream is a great way of harnessing its astringent properties which are great for oily skin conditions whilst its antiseptic effect properties helps to treat cuts, boils and minor wounds. Its detoxifying properties can be beneficial when massaged into cellulite.

Add up to 12 drops of Lemon essential oil to 30 ml of base cream.

Bath

- Lemon essential oil can be added to a warm bath to relieve digestive problems, lack of energy, fatigue, infections such as colds and flu. It can also ease the discomfort caused by conditions such as rheumatism and arthritis. The fragrance of the oil can also relieve feelings of depression and stress and tension.

Add 1 - 3 drops of Lemon essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Lemon goes particularly well with oils such as:

- Tea Tree
- Cedarwood
- Sandalwood
- Eucalyptus
- Geranium
- Fennel
- Ylang Ylang



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

As with all citrus oils you should avoid exposure to the sun or using a sunbed for about 12 hours after using Lemon as it can cause skin pigmentation problems. Can irritate sensitive skin.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Lemon is one such oil.



About *The Reformed Bohemian*

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian
Health & Well-Being Powered By Nature



Find out more at

www.reformedbohemian.com

email: hello@reformedbohemian.com

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