

GREAT USES FOR LEMON ESSENTIAL OIL

1. Natural cleaner. Added together with thieves oil, vinegar, and water, and you get an amazing all in one (natural) cleaner that smells amazing!
2. Produce Wash. Wash your produce safely by adding two or three drops to a big bowl of water to wash your produce!
3. Remove sticky residue. Lemon oil makes an amazing natural residue remover. This works well for sticky hands, stuck on labels (soak the bottle in some water and lemon oil for a few moments), any adhesive, and (so I've heard) gum stuck in your hair!
4. Soothe a sore throat. Add two drops lemon oil to a squeeze of honey (the honey is what soothes the irritated throat), and add to hot water in a mug for a natural tea drink that helps soothe an itchy, dry, and irritated throat- and tastes lemony sweet!
5. Delicious drink. You can also add a few drops of lemon to a glass of water for an uplifting drink. Replace your normal cup of coffee in the morning with lemon water to help get your energy levels up and running and is great for your liver! Just be sure to shake the water/stir to mix in the oils before drinking, otherwise the oils just sit on top of the water. I like to add my oil to a piece of ice to infuse the oil in my water. This also is a great appetite suppression oil, which is why it is part of one of my favorite drinks!
6. Digestive system support. Can't eat spicy tacos or hot wings because of the burn in you get in your stomach and chest? Alkalize your body by adding three drops to your water (see above) or take in a capsule with a carrier oil of your choice. This means hot and spicy food nights more often!
7. Clean your microwave with ease. Add water, a few drops of lemon essential oil and a bit of vinegar to a bowl. Microwave for five minutes and let sit for a few minutes. Remove the bowl and wipe out the microwave with a damp cloth (dampened with the vinegar and lemon oil mixture) and the stuck on mess should just come right off!
8. De-stink garbage cans. Add lemon oil to a cotton ball and put in the bottom of your garbage can before you put in a new bag to keep it smelling fresh. You can also add this cotton ball to your car, fridge, closet, or any other place that needs help!
9. Keep apples from browning. After cutting up an apple for a snack later on, spray some lemon oil and water on them to keep them fresh!
10. Add to dishwasher. Add a few drops to your dishwasher soap container, or dish water in your sink, to help disinfect your dishes and get rid of grease and water spots.