

GET TO KNOW LEMON

WHY YOU NEED IT:

Sunshine in a bottle. That's how we refer to this bright, uplifting oil! Not only does Lemon remove sticky residues, neutralize odors, and support your immune system - it lifts your spirits, too!

HOW TO USE IT:

Diffuse to lift the mood in any room. Add it to your Thieves Household Cleaner for the lemony fresh scent we all know and love. Take some Lemon Vitality in a capsule or add a few drops to a cold glass of water for an immune system boost. Taking Lemon Vitality internally also supports the health of your liver.

EMOTIONAL BENEFITS:

Lemon has many benefits similar to sunshine! It can help brighten your mood, help you focus on the good, and just give you an overall feeling of refreshment. Feeling frustrated? Rubbing a drop or two of Lemon on topically can help release feelings of frustration, which are often stored in the liver.

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This happy oil is like sunshine in a bottle. Diffuse it to brighten your space, remove unwanted odors and lift your mood.

DIFFUSE



01

02

CLEAN

Lemon freshens your space with its bright, happy aroma. Add Lemon to household DIYs, Thieves Cleaner, and wool dryer balls. Use to freshen laundry and remove sticky residues.

#YLFIVES



03

BREATHE

Lemon is naturally good for the respiratory system. Dilute and apply over the chest and back to open and support airways in times of need.

5

Reasons You Need Lemon Essential Oil In Your Life



RESET

Lemon is wonderful for the liver. Add Lemon Vitality to your water every morning or take an Epsom salt bath with a few drops of Lemon.

04



05

BE WELL



Add Lemon to your daily wellness routine for immune support. Add it to a roller with Thieves and Pine, pair with Frankincense in an Epsom salt bath, or dilute and apply it over the chest daily.

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LEMON

DIFFUSER BLENDS

FRESH START

4 DROPS RAVEN OR R.C.
4 DROPS LAVENDER
4 DROPS LEMON

BE WELL

3 DROPS LAVENDER
5 DROPS THIEVES
4 DROPS LEMON

SEASONS CHANGE

3 DROPS PEPPERMINT
3 DROPS LAVENDER
3 DROPS COPAIBA
3 DROPS LEMON

WINDOWS OPEN

2 DROPS EUCALYPTUS
3 DROPS GRAPEFRUIT
3 DROPS ROSEMARY
4 DROPS LEMON

SEASIDE AIR

3 DROPS SPEARMINT
3 DROPS GRAPEFRUIT
3 DROPS LAVENDER
4 DROPS LEMON

DEEP BREATH

3 DROPS PEPPERMINT
4 DROPS ROSEMARY
4 DROPS LEMON



ROLLER BLENDS

WITH LEMON

SUNSHINE ROLLER

FOR A DAILY PERFUME THAT IS CALMING & UPLIFTING

- 20 DROPS STRESS AWAY
- 15 DROPS EACH BERGAMOT, GRAPEFRUIT, LEMON
- FILL WITH V-6 CARRIER OR CARRIER OIL OF CHOICE
- APPLY OVER CHEST, NECK, WRISTS AS DESIRED.

NATURE ROLLER

FOR WHEN THE SEASONS CHANGE

- 15 DROPS EACH LAVENDER, LEMON, PEPPERMINT
- 10 DROPS COPAIBA OR TEA TREE
- FILL WITH V-6 CARRIER OR CARRIER OIL OF CHOICE
- APPLY OVER LYMPH NODES, TO THE CHEST AND NECK, EVEN UNDER THE SINUSES AS DESIRED.

HAPPY BELLY ROLLER

FOR DIGESTIVE SUPPORT

- 15 DROPS EACH DIGIZE, LEMON
- 10 DROPS PEPPERMINT
- FILL WITH V-6 CARRIER OR CARRIER OIL OF CHOICE
- APPLY OVER THE ABDOMEN AS NEEDED.



**Save on
Essential Oils!**

*I've got
an oil
for that!*



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"I like putting lemon essential oil in my water! So many benefits like detoxing, energizing, & cleansing."



LEMON
TESTIMONIES



"Lemon is amazing for all the sticky things! It also cuts grease on stoves like a boss!"



LEMON
TESTIMONIES



"Lemon oil in my diffuser at work. Around 1-1:30pm it's like a pick me up happy mood let's get er' done type of enhancer!"



LEMON
TESTIMONIES

Testimonials



"I use it in my wellness roller with Thieves and Oregano, and apply nightly to my feet!"



LEMON
TESTIMONIES



"I love my lemon oil. I clean with it, diffuse it, and have made a mixture with it for perfume. Such a multi-purpose oil!!"



LEMON
TESTIMONIES

**do they even work?
like, for real?**

yep. they work.
we use them **topically** on our skin (where they're absorbed easily), **internally** in capsules or dropped under our tongues, and **aromatically** in diffusers (which is incredibly beneficial for lots of things - especially emotional health).

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DIY Recipes with Lemon

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DIY Recipes for Skin:



DIY Recipes for Oral Care:



DIY Recipes for Health:



DIY Recipes for Hair:



DIY Recipes for Cleaning:

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common questions

about getting started

is there
really
a difference in these and the
ones I see at Target?

oh friend. a **huge**
difference. most of
the oils you see in
stores like that have
warnings against
using topically or
ingesting because
they're packed with
harmful fillers!



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