

Lemon Essential Oil

~ refreshing scent, increase energy, household cleaner,
uplifting, healing, allergy support, phototoxic ~

Good Morning
Diffuser Blend

Lemon'y' All-Purpose Cleaning Spray

- ½ cup white vinegar
- 2 TBSP baking soda
- 5 drops Lemon EO
- 2 drops Melaleuca EO
- 1 drop Lemongrass EO
- Combine in a glass spray bottle and fill with distilled water. Shake and use.

Excite Diffuser Blend

- 1 drop Lemon EO
- 1 drop Lime EO
- 1 drop Pink Grapefruit EO

Seasonal Support Diffuser Blend

- 3 drops Lavender EO
- 2 drops Lemon EO
- 1 drop Eucalyptus EO

- 3 drops Lemon EO
- 1 drop Bergamot EO
- 1 drop Cypress EO

Dilution is a MUST before applying directly to the skin.

Using a 10mL roller bottle first put in essential oils then fill-up remaining with carrier oil.

Cut recipe in half if using a smaller bottle.

Check before using on children as some oils can't be used on children under 10 years of age.



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