

Ancient Legacy[™] Essential Oils

LEMON

Lemon can help support the body in fighting infectious diseases, especially colds and fevers. Its scent also helps to increase concentration and neutralizes unpleasant odors. Some hospitals use lemon oil to help calm frightened or depressed



Lemon

citrus limonum







patients. Lemon boosts the immune system by stimulating production of white and red blood cells. Lemon oil is a must for every aromatherapy kit, as it has an uplifting fresh citrus scent, has some immediate purifying qualities, and may help to settle the digestive system. It is an agreeable fragrance the kids will love.*