

Lemon

Citrus limonum - Rutaceae

Indigenous to northern India, now widely cultivated in Mediterranean countries and USA. A small straggling tree about 11 feet high, irregularly branched, the bark varying in colour from grey on the trunk to green on the young branches and purplish on the twigs. The five petalled flowers are white inside and tinged with deep pink outside. The well-known yellow fruits produce the oil.

<u>Place of Origin</u>	<u>Part of plant used</u>	outer rind of fruit
Spain, USA, Italy, Ivory Coast	<u>Method of Extraction</u>	expression
<u>Characteristics</u>	<u>Yield</u>	0.5%
Colour: Pale greenish yellow	<u>BF</u>	4
Perfume notes: Top	<u>TR</u>	D

Aroma

Chemical Composition

Monoterpenes	limonene	% 50-75	Coumarins	bergapten	% trace
	alpha pinene	2-20			
	sabinene	1			
	myrcene	1-5	Monoterpenol	linalool	trace
Aldehydes	citronella	1			
	geranial				

Properties:

Astringent, bactericidal, carminative, choleric, diuretic, fungicidal, hepatoprotective, lymphatic & digestive tonic, antiviral, antispasmodic, decongesting, depurative, haemostatic, immunostimulant, stomachic

Precautions:

Like other citrus oil, lemon is potentially phototoxic - avoid sun exposure for 24 hours

A distilled lemon oil is available that is not phototoxic, however the odour is inferior

Lemon oil can irritate mucus membranes in *high* doses - care vaporizing

Non-toxic, non-sensitising, non-irritant

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Indications

Circulatory

Easy bruising, poor circulation, varicose veins, haemorrhoids

Digestive

Tonic for liver and gallbladder, abdominal bloating, constipation, indigestion, gallstones, IBS

Genito-Urinary / Gynaecological

Immune System

Airborne antiseptic

Musculo-skeletal

Muscle fatigue, "heaviness", haemorrhoids, lethargy, obesity, pre and post sports treatments, arthritis, rheumatism

Nervous

depression, stress, tension, "muzzy head", anger, frustration, mental fatigue, poor concentration, headaches, confusion

Respiratory

Catarrh, colds, flu

Skin

Acne, congested skin, cellulite, oily skin, lymphatic congestion, blackheads, pimples, lymphoedema, warts, verrucae (can be used neat), ringworm, broken capillaries

Clinical Research

Fungicidal activity proven against a range of dermatophytes: Epidermophyton floccosum, Trichophyton mentagrophytes, Microsporum gypseum (responsible for tinea infections)

Effective against MRSA

Dextro-limonene has been developed as a solubiliser for gallstones (injected directly into the biliary system)

Oral doses of lemon oil have been shown to inhibit tumour formation.

Psychological uses

Lemon is a potent mental cleanser, with its piercingly sharp aroma, it can cut through mental stagnation and confusion bringing clarity of thought to the most oppressive of situations. Its ability to uplift and clarify affects the heart and mind, dispersing doubt and confusion, engendering a feeling of trust and security to prevail. It has long been thought of as a gentle aphrodisiac and the emotional clarity it brings enhances this role.

Summary

Cleansing, toning, uplifting