

21 ways to use lemon essential oils

cleaning

- Use 1–2 drops to remove gum, oil, grease, grease spots, glue, and crayon from most surfaces (including hair and clothing!).
 - Add lemon essential oil to baking soda for a carpet freshener. Let the lemon oil infuse the baking soda (in a container with a tight-fitting lid) for a day or two, then sprinkle on carpet. Let sit for 10-20 minutes and vacuum up.
 - Soak your dishcloth or sponge overnight in a bowl of water and 2 drops of Lemon essential oil to disinfect and kill germs.
 - Put 3-7 drops of Lemon essential oil on a cotton ball and place it into a vacuum bag to refresh the air while vacuuming. In your steam cleaner, add a few drops into the water reservoir before vacuuming. This refreshes the carpet and acts as an air freshener.
 - Add 2-3 drops of Lemon essential oil to water and spray countertops to sterilize them.
-

food and drink

- Add flavor to sweet treats: Lemon frosting, lemon meringue, lemon cakes, lemon squares, lemon cookies, and of course lemonade!
 - For homemade lemonade, mix 2 drops of Lemon essential oil in a blender with 2 tablespoons of honey and two cups water. Adjust the amount of each ingredient to suit your taste. Or, add some lemon oil to iced tea.
 - Substitute Lemon essential oil for lemon juice or lemon seasonings to flavor seafood, vegetables, baked goods, and beverages. To use Lemon essential oil in place of the zest of “one” lemon – use 8 drops of Lemon essential oil.
 - Add a couple drops of Lemon essential oil to softened butter and use on fish, and steamed vegetables.
 - To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon essential oil. Drop your fruit into the water and stir.
 - Use lemon oil in water to keep sliced apples from turning brown.
-

health and wellness

- Add 2 to 3 drops into every glass of water you drink for a gentle detox all day long.
 - Remedy for heartburn that causes the stomach to stop excreting digestive acids. Simply add a drop or two of Lemon essential oil to a small glass of water and drink.
 - Combine lemon and lavender and use topically or diffuse in your room to uplift your mood, and chase away the blues. Scientific studies have shown the anti-depressant qualities of these essential oils.
 - Diffuse Lemon essential oil to freshen the air in your home or office and help increase mental clarity. You can also rub the lemon oil on your hands and inhale for a quick pick-me-up!
 - Add a couple drops to a 4 oz glass of water and gargle. The disinfectant properties are great for neutralizing bad breath odors.
 - Adding a couple drops of Lemon essential oil to a glass of water can help soothe a sore throat, calm a cough, and reduce a fever. Lemon oil fights against bacteria, as well as viruses.
 - Eat, drink or take lemon oil in capsules to fight off kidney stones.
 - Brighten a pale, dull complexion by removing the dead skin cells. Simply mix a drop with your cleanser to help promote healthier skin tone.
 - Put a drop of Lemon essential oil on oily skin or acne to balance oil glands.
 - Add some drops of lemon oil to a spray bottle of water and spritz hair and go out in the sun for natural highlights.
-