

LEMON

CITRUS LIMON

Country of Origin: Italy

Cold Expressed from peel

Lemon (*Citrus limon*) is a cold-pressed oil expressed from the peel, valued for its intensely fresh aroma and its strong role in cleansing, purification, and metabolic support. Naturally high in limonene, it carries a bright, active character—known for supporting the body's natural detoxification processes, enhancing digestion, and promoting a clean, energized internal state.

Its aroma is sharp, crisp, and vividly citrus with a distinctly dry edge that cuts through heaviness and stagnation. It is often used when the system feels sluggish, congested, or in need of clearing, whether physically through digestion and elimination or environmentally through air and surface purification.

In both aromatic and traditional use, lemon has been regarded as a functional cleansing oil—supporting immune defense, digestive efficiency, and environmental hygiene. It works by breaking up buildup, stimulating movement, and restoring a sense of clarity and freshness across both the body and the surrounding space.

FUNCTIONAL CONSTITUENTS

Limonene The dominant monoterpene in lemon, limonene is responsible for its bright, penetrating citrus aroma. It is associated with supporting detoxification pathways, aiding digestion, and promoting a clean, energized internal state while also contributing to its strong antimicrobial properties.

Beta-Pinene A monoterpene that adds a fresh, slightly green edge to the oil. Beta-pinene is known for supporting respiratory function and contributing to the oil's cleansing and purifying effects.

Gamma-Terpinene A key component that reinforces lemon's antioxidant activity. It is associated with supporting cellular protection and enhancing the oil's role in environmental and internal cleansing.

Clinical Studies: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9201525/>
<https://pmc.ncbi.nlm.nih.gov/articles/PMC11207684/>
<https://pubmed.ncbi.nlm.nih.gov/33909955/>



HOW WE SOURCE

Lemon oil is shaped by the quality of the fruit and the conditions in which it is grown. We look for *Citrus limon* cultivated in warm, sun-rich regions where the peel can develop a high concentration of aromatic compounds and natural oils.

The peel is cold pressed shortly after harvest to preserve its volatile constituents and bright profile. Because lemon oil is highly sensitive to oxidation and handling, careful processing and proper storage are essential. We look for oil that is sharp, clean, and vividly citrus with a dry, well-defined edge, never dull, waxy, or lacking intensity.

OUR LEMON IS:

- ✓ Cold pressed from fresh peel
- ✓ Unrefined and not standardized
- ✓ Sourced from sun-rich growing regions
- ✓ Processed quickly to preserve freshness
- ✓ Bright, sharp, and cleanly citrus

We look for oil that delivers a crisp, vibrant aroma with a dry, well-defined edge, an indicator of proper harvest and careful extraction. Dull, waxy, or flat oil suggests oxidation or poor handling, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Cold-pressed from fresh peel¹
- Bright, crisp citrus aroma²
- Sharp, clean profile³
- Dry, well-defined edge⁴
- Stored in dark glass⁵

Avoid:

- Heat or solvent extracted¹
- Dull or waxy scent²
- Flat or muted aroma³
- Adulterated or extended oil⁴
- Clear or plastic packaging⁵

