

20 MIRACLE USES *for* LEMON OIL

INCLUDING HOME REMEDIES, SPA TREATMENTS AND MORE!



lalune
naturals

Clarifying Lemon Seaweed Mask

Seaweed is also known to help repair damaged skin cells, helps protect the skin from free radical damage, fight skin inflammation and irritation. Because of its nutritional properties, and the 54 trace elements found in seaweed, this amazing ocean wonder has been said to help slow down the aging process of the skin.

Ingredients

1 Tablespoons of La Lune Naturals Seaweed Powder
1-2 Drops of La Lune Naturals Lemon Essential Oil
2 Tablespoon of Warm Water
1 Tablespoon of Aloe Vera Gel

Directions

Place the seaweed into a small bowl, add warm water and mix. Add aloe Vera gel, and stir until well mixed. Mix in about 1-2 drops of Lemon essential oil to cover up the fishy smell. Feel free to add more water, if needed, to reach your desired consistency.

Apply the seaweed mask to your face, leave on for up to 20 minutes, then rinse off with warm water and soft cloth. Use this seaweed mask up to twice a month as part of your typical skin care routine.



TIP: Try using La Lune Naturals Konjac Sponge to gently exfoliate your skin. Using our Konjac Sponge helps prevent blackheads & will pH balance your skin.

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Homemade Coconut Lemon Face Wash



Create a spa experience at home with this gentle, chemical-free homemade face wash recipe.

Ingredients

1 cup La Lune Naturals Fractionated Coconut Oil
1 tbsp baking soda
5-10 drops La Lune Naturals Lemon Oil
Glass Jar

Directions

Mix together ingredients and store in wash dispenser or air tight jar and keep it in a cool place.

Lemon and Indian Clay Acne Mask

Combining the detoxifying effects of Indian Healing Clay and the oil eliminating properties of lemon oil creates a powerful acne treatment!

Ingredients

2 scoops La Lune Naturals Indian Healing Clay
2 Tbsp Water
1-2 Drops La Lune Natural Lemon Oil

Directions

1. Mix together clay and water until it reaches a creamy consistency.
2. Add 1-2 drops of Lemon oil
3. Apply to skin for 20-30 minutes, or until dry. Shorten time for sensitive skin.



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Lemon Dishwasher Pods with White Vinegar



Keep your dishes fresh and chemical free with this easy-to-follow lemon and tangerine dishwasher pod recipe.

Ingredients

Ingredients

- 2 cups washing soda (sodium carbonate)
- 2 cups Borax (sodium borate)
- 1/2 cup kosher salt
- 1/2 cup white vinegar
- 2 teaspoons tangerine essential oil
- 2 teaspoons lemon essential oil

Directions

1. In a bowl, thoroughly mix all ingredients until a paste forms.
2. Portion and press the mixture into silicone baking mold or flexible ice cube tray.
4. Allow to dry 24 to 48 hours.
5. Pop the pods out of the mold and store in an airtight container.
6. Use one pod per dishwasher cycle. To provide a more spot-free rinse, place 2 to 3 tablespoons of white vinegar in a small upturned dish on the top rack at the beginning of your dishwashing cycle.

Note: Look for washing soda and Borax in the laundry aisle.

Lemon and Zinc Oxide Acne Cream

Zinc oxide and lemon oil are a powerful duo when it comes to acne. Use this a spot treatment for problem skin areas.

Ingredients

1-2 Scoops of La Lune Naturals Zinc Oxide Powder
1-2 Tablespoons of Aloe Vera gel
1-2 drops of La Lune Naturals Lemon oil

Directions

Mix together zinc oxide powder and aloe vera gel until it reaches a creamy consistency.

Add 1-2 drops of lemon oil. Apply to problem areas on skin.



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Lemon & Peppermint Pep Up



Need an afternoon pick-me-up? Skip the coffee and try this fresh mint refresher, applied directly to your skin.

Ingredients

La Lune Naturals Peppermint Oil
La Lune Naturals Lemon Essential Oil

Directions

Combine lemon oil with peppermint oil and apply to the back of the neck. Breathe in the oil that is left on your hands.

Lemon Seaweed Scrub

The anti-inflammatory and tightening properties of lemon oil make it a natural fit for the perfect cellulite scrub! In addition, seaweed stimulates circulation and flushes toxins, which helps to reduce the appearance of cellulite. Use powdered seaweed for this make-at-home body scrub.

Ingredients

3 tbsp La Lune Naturals Seaweed Powder
1/4 cup sea salt
1/4 cup olive oil
A few drops of La Lune Naturals Lemon Oil

Directions

Mix ingredients together and store in a mason jar. Massage onto cellulite before showering once daily. After showering, apply moisturizer.



Lemon Anti-itch Cream with Zinc Oxide



TIP: Try using La Lune Naturals Konjac Sponge to gently exfoliate your skin. Using our Konjac Sponge helps prevent blackheads & will pH balance your skin.

The gentle anti-inflammatory benefits of zinc oxide allow you to create a safe, non-toxic cream for your delicate skin. Create your own chemical-free rash cream for rashes, sun burns and more.

Ingredients

1 Tbsp. La Lune Naturals Zinc Oxide powder
1/8 cup Beeswax
2/3 cup (4 1/2 oz.) Coconut Oil
1-3 drops of La Lune Naturals Lemon Oil

Directions

1. Add coconut oil and beeswax to a glass bowl and melt using a double boiler set-up. I always improvise this, so don't stress yourself out thinking that you have to do it in a fancy way. Warm at a low-med heat until both are completely melted. It only takes a few minutes.
2. Add zinc oxide powder to the bowl with the melted oil and wax. Using a stick blender or hand mixer, blend for several minutes until the powder is completely mixed in with no clumps.
3. Pour into containers and let cool and solidify.

Lemon Foot Facial

Create your own spa treatment at home with this refreshing foot facial. Peppermint adds a tingling sensation that will help you relax and enjoy.

Ingredients

La Lune Naturals Indian Healing Clay
Green Tea
La Lune Naturals Lemon Oil

Directions

1. Mix equal parts of Indian Healing Clay with brewed Green Tea and 5 drops of Lemon Oil.
2. Apply to feet, especially in between the toes, let dry 30 minutes
3. Rinse well in warm water.



Lemon Cucumber Facial



Lemon and cucumber bring a refreshing twist to this rejuvenating mask.

Ingredients

La Lune Naturals Indian Healing Clay
2-3 drops La Lune Naturals Lemon Essential Oil
Minced cucumber

Directions

1. Mix equal parts of Indian Healing Clay with distilled water, Lemon essential oil and 1 teaspoon minced cucumber (remove peel).
2. Apply to skin and allow 20 minutes.
3. Rinse with warm water.

Lemon and Aloe Anti Aging Mask

Lemon oil is great for dry, sun-damaged, mature, or wrinkled skin, making it a perfect addition to a seaweed mask!

Ingredients

- 1 Tablespoons of La Lune Naturals Seaweed Powder
- 2 Tablespoon of Warm Water
- 1 Tablespoon of Aloe Vera Gel
- A Few Drops of Honey
- 5 Drops of La Lune Naturals Lemon Essential Oil

Directions

Place the seaweed into a small bowl, add warm water and mix. Add aloe Vera gel, honey and stir until well mixed. Mix in about 5 drops of Lemon essential oil to cover up the fishy smell. Feel free to add more water, if needed, to reach your desired consistency.

Apply the seaweed mask to your face, leave on for up to 20 minutes, then rinse off with warm water and soft cloth. Use this seaweed mask up to twice a month as part of your typical skin care routine.



Lemon Household Cleaner



Try mixing these 4 simple ingredients to create a refreshing, non-toxic cleaner to use in your home!

Ingredients

2 cups water
1/2 teaspoon sodium borate (Borax)
1/4 teaspoon unscented liquid soap (Castile type)
2 teaspoons La Lune Naturals Lemon Oil

Directions

1. In a spray bottle, dissolve Borax into water.
2. Stir in Lemon essential oil.
3. To use: shake bottle and spray into cleaning cloth or onto surface, wipe clean.

Lemon Air Freshener

Lemon is one of the most versatile essential oils because of its powerful scent and many properties. There are many ways to use lemon as an air freshener.

Option 1

Add La Lune Naturals Lemon Oil to a diffuser. Follow manufacturer's directions for use.

Option 2

Add 4-5 drops of La Lune Naturals Lemon Oil to water in a spray bottle to create a air freshening spray.

Option 3

Add a few drops of La Lune Naturals Lemon Oil to the bottom of your trash can or diaper pail to eliminate odors.



Lemon Clay Insect Bite Treatment



Also good for abrasions, skin irritations, bruises, sprains, diaper rash, acne, and fungus.

Ingredients

La Lune Naturals Indian Healing Clay
1-2 drops La Lune Naturals Lemon Essential Oil
Distilled Water

Directions

1. Make a thick paste of clay and distilled water. Add a few drops of lemon oil.
2. Apply to skin. Re-apply as needed.

All Natural Lemon Household Cleaner

Create a refreshing all-natural household cleaner without using toxic chemicals.

Ingredients

1/2 Tsp. La Lune Naturals Lemon Oil
1/2 cup white vinegar
32 oz. (1 quart) cups water

Directions

Mix ingredients together and store in your favorite spray bottle. Use on multiple surfaces.



Lemon Scented Laundry Soap Powder



It's easy to make your own laundry detergent without all the added dyes, chemicals and additives that make most laundry detergents unseemly.

Ingredients

- 2 cups washing soda (sodium carbonate)
- 2 cups Borax (sodium borate)
- 1 bar unscented Castile soap
- 3 teaspoons lavender essential oil
- 1 teaspoon La Lune Naturals Lemon essential oil

Directions

1. Using a box grater, grate the Castile soap.
2. In a bowl, thoroughly mix all ingredients until a damp powder forms.
3. Use up to 1/4 cup per normal sized load of laundry.
4. Store in an airtight glass or plastic container.

Note: Look for washing soda and Borax in the laundry aisle

Lemon Seaweed Wrap for Cellulite

Seaweed wraps are often used as expensive detoxifications and cellulite wraps in spas. But with La Lune Naturals, you can do a simple wrap at home, get the same results—but at a fraction of the price!

Ingredients

1/2 Cup La Lune Naturals Seaweed Powder
3-4 Tablespoons La Lune Naturals Fractionated Coconut Oil
2-4 La Lune Naturals Lemon Essential Oil
Warm Water
Plastic Wrap
Towels
A shower curtain (Optional)

Directions

Mix together La Lune Naturals Seaweed Powder, Lemon oil and water until your desired consistency. It should be mud like, but not watery. After mixing, you can add the essential oil if you would like.

Standing in the shower or over a towel will help avoid making a mess. Apply mixture to your entire body, from the waist down. Once applied, you can wrap areas of your skin with plastic wrap. Having someone help with this will make it easier, especially for the torso.

Once wrapped, lie down on a towel and apply another towel over the top of you to keep warm. If you have a blanket you don't care much about, feel free to get under the covers to encourage sweating. Sweating can help further detoxify your skin.

After 20 to 30 minutes, remove wrap and take a warm shower to rinse off any residue from the seaweed mud mixture.



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Relaxing Lemon Foot Soak



Create a relaxing foot soak for aching feet. Relieve overworked, swollen feet with this simple recipe.

Ingredients

A bowl of warm water
2-3 drops of La Lune Naturals Lemon Oil

Directions

Fill a bowl with warm water. Add 2-3 drops of La Lune Naturals Lemon Oil. Soak your feet for as long as needed.

Lemon Sugar Scrub

Create a refreshing sugar scrub for your skin with the bright scent of Peppermint.

Ingredients

2 cups organic cane sugar
1 cup La Lune Naturals Fractionated Coconut Oil
20-30 drops La Lune Naturals Lemon Oil

Directions

1. Add the sugar to a mixing bowl.
2. Gradually pour in the oil and stir to combine. You may not need the full cup of oil—you want just enough to moisten all of the sugar without it being too oily.
3. Add in your lemon essential oil and mix well. Store in an airtight container.



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Lemon Furniture Oil



Lift up dust and create a bright fresh scent inside your home with this simple furniture oil.

Ingredients

4 ounces jojoba oil
12 drops lemon essential oil
4 drops lemongrass essential oil
8 drops sandalwood essential oil

Directions

Combine jojoba and essential oils in a spray bottle. Shake and apply lightly to wood surfaces or onto dusting cloth and wipe.

Note: Test on a small, inconspicuous area of your furniture before use.

Thank You

For trying our recipes!

Questions or comments?

Contact us at leah@lalunenaturals.com
or visit www.lalunenaturals.com



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