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Lemon essential oil is known for its cleansing and purifying benefits. It helps to cleanse and purify the air and surfaces. Since it is a cleansing essential oil, it naturally cleanses the body and aids in digestion. One of the most

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essential oil is by adding it to any
natural household cleaners.

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jojoba oil, avocado oil, sunflower oil
or grape seed oil. Popular areas of
applying essential oils to your skin
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oils derived from plants. They can

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be pulled from any botanical matter and are typically extracted from flower petals, citrus peels, grasses, tree barks, and resins. The oils are extracted through a variety of methods, including cold pressing and steam distillation.

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Lemon. Lemon is the
very first essential oil I ever
purchased! Frankincense.

Frankincense isn't called the king
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type oils like rosemary, peppermint, eucalyptus, you have some woody

oils such as pine and cypress, and

then you have some citrus oils such

as grapefruit, lemon, bergamot,

neroli. You even have some floral

oils like rose, geranium, and ylang

ylang and some spicier oils such as

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black pepper, nutmeg, and ginger.

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