

**DHANALAKSHMI**  
AGRO TECH ENTREPRENEUR



# LEMON

# SEED OIL

CONTACT US

DHANALAKSHMI AGRO TECH ENTREPRENEUR

Kovilpatti -628503

+91 9585992035

[care@vitalime.in](mailto:care@vitalime.in)

[www.vitalime.in](http://www.vitalime.in)



# THE BENEFITS

## of Lemon Seed Carrier Oil

Lemon Seed Oil - not to be confused with Lemon essential oil - is pressed from the seeds of the Lemon.

It is naturally full of Monounsaturated and Polyunsaturated fatty acids which are great for nourishing the skin and increasing barrier functions.

Lemon Seed contains Linoleic acid and Oleic acid, both of which are great for rejuvenating your skin, but also help soothe inflammation and moisturise the skin. The naturally high levels of Linoleic acid can help with acne prone skin. This is because Acne prone skin has been shown to have high levels of Oleic acid and by adding Linoleic acid it can rebalance the acid levels. The deficiency of Linoleic acid in the skin can make our natural sebum thicker, which then blocks skin pores and can cause Acne. Lemon Seed Carrier Oil is also great for your hair. It penetrates the hair shaft and leaves the hair looking shiny and healthy. You can use a small amount as a leave in conditioner, but keep the quantity quite low to avoid having oily looking skin.

## RELIEVES PAIN

Lemon seed oil has been found to have an analgesic effect by affecting the part of the brain that regulates pain, (G) thus indicating the use of lemon seeds as a pain reliever. Intense pain is an acute condition and may be due to other conditions. It is not always resolved by natural remedies. Thus, it is vital to seek medical attention and consult a doctor before using anything as a treatment for Pain

## IMPROVES MOOD AND MEMORY

Lemon seed oil has also been used to enhance the concentration, memory, and mood of learning students. Lemon seed oil used before to consult the doctor.

## HOW TO USE

For a body oil mix the Lemon Seed Carrier Oil with Fractionated Coconut Oil (Caprylic/Capric Triglyceride) and 10% Safflower Carrier Oil to increase absorption and create a light body oil. (For example try 70% Lemon Seed Carrier Oil, 20% Safflower Carrier Oil and 10% Fractionated Coconut Oil)

For dry hair use the Lemon Seed Carrier Oil alone as a Hair Treatment or Leave in Conditioner, or try mixing with 10% Babassu Oil for great hair moisturising.

