

# epoch®

## lemon

### essential oil

*Citrus Lemon*



#### SYSTEM OVERVIEW

Amid the rigors of a modern lifestyle, Nu Skin delivers Epoch Essential Oils—ethnobotanical solutions that create engaging human interactions and sensory experiences with your world. For centuries, indigenous cultures improved their lives with botanicals, from topical remedies to aromatherapy. With Epoch, Nu Skin has distilled centuries of plant wisdom and leveraged the expertise of world-renowned ethnobotanist Paul Cox. Now we can infuse this wisdom into your modern lifestyle with Epoch Essential Oils.

Experience ethnobotanical oils from a company you know and trust. Epoch Essential Oils adhere to Nu Skin's rigorous 6S Quality Process to meet the highest quality standards. Single oils and blends provide a variety of expressive aromas and solutions that uplift any routine or occasion. The delightful benefits of our essential oils make it natural to share them with others.

As part of Nu Skin's mission to improve lives, Nu Skin donates \$0.25 from each Epoch Essential Oils sale to the Nu Skin Force for Good Foundation—giving back to the communities that share their wisdom with us.

Enjoy rich connections with people and the world around you while giving back with Epoch Essential Oils.

#### PRODUCT POSITIONING

Like the zest of a lemon peel, Epoch Lemon gives any space a feeling of crisp freshness that will surprise and delight. This vibrant, light essential oil can be used as a natural cleaner to help remove odors and spots.

#### TARGET AUDIENCE

All adults seeking natural solutions to enhance their modern lives and surroundings.

#### AROMATIC PROFILE

Bright, tangy, pure, fresh

#### PRODUCT EXPERIENCE

Diffuse or apply to surfaces for a clean, fresh feeling.

- Diffuse in an Epoch diffuser
- Add a drop to your dishwasher's rinse cycle
- Mix in water and use as a rinse on fruit
- Use to remove unpleasant smells from wet laundry
- Diffuse for mood elevation
- Use to help remove gum or label adhesives from surfaces
- Diffuse in rooms to neutralize odors
- Add a few drops when washing greasy hands
- Spray in the shower
- Wash stainless steel appliances for a wonderful shine
- Diffuse in smelly shoes

#### PRODUCT USAGE

Use Epoch Lemon aromatically with Epoch Mist or Epoch Mini Mist or as an all-purpose cleaner.

##### **Aromatic Diffuser**

Mix Epoch Lemon with distilled water to use with Epoch Mist or Epoch Mini Mist. Add 15–20 drops of essential oil to the water reservoir in Epoch Mist. Add one drop of essential oil to the Epoch Mini Mist diffuser water bottle and fill the reservoir. See the diffuser user manuals for detailed directions.

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## COMPLEMENTARY PRODUCTS

Epoch Mist and Epoch Mini Mist—Fill the air with the engaging aromas of Epoch Essential Oils with these Epoch diffusers.

## DID YOU KNOW?

Lemon was prized for its medicinal virtues in Egypt and Syria. Sailors used to eat citrus fruits for better health on long voyages. Early lemon fruit first became popular among people in Asia and Arabia.

## FYI

Lemon oil is extracted from the fruit by cold pressing the peels. Cold pressing does not use heat to extract oils.

## FREQUENTLY ASKED QUESTIONS

### How much essential oil should I use in my diffuser?

There is not a limit to how much Epoch Essential Oil you can breathe in aromatically. Essential oils are very concentrated and a little goes a long way so prudence is recommended. When using Epoch Mist, add 15–20 drops of oil to the water reservoir. For Epoch Mini Mist, add two to three drops of oil to the diffuser water bottle and fill the reservoir. See the diffuser user manuals for detailed instructions.

### What is a diffuser and how does it work?

Epoch Mist and Epoch Mini Mist use ultrasonic technology to diffuse Epoch Essential Oils into the air. The ultrasonic plates on the diffusers evaporate the water and oil together and push the vapor into the air.

### How does sun exposure affect essential oil use?

Some essential oils, especially citrus, have a phototoxic effect. Phototoxicity means that oils increase the risk of skin damage when exposed to sunlight—especially ultraviolet rays. When using essential oils on the skin, do not expose that skin to sunlight for at least a day (or until the oil is thoroughly washed off).

### Does Nu Skin test Epoch Essential Oils for quality?

Yes. Nu Skin applies its rigorous 6S Quality Process and confirms each oil is pure and safe to use. This process includes specific attention to selection, sourcing, structure, standardization, safety, and substantiation.

### Can I use essential oils on children?

Children are particularly sensitive to essential oils. Always consult a healthcare professional before using essential oils on children.

### Can I ingest Epoch Lemon Essential Oil?

No. Epoch Lemon Essential Oil is not a nutritional supplement and is for aromatic usage only. Do not ingest Epoch Lemon.

## SAFETY AND CAUTIONS

- **Sensitive Skin Advisory:** May not be appropriate for individuals with sensitive skin. Please test in a small area before applying to a larger surface area.
- **Sunburn Alert:** Epoch Lemon contains citrus oils that increase the skin's sensitivity to sun and particularly the possibility of sunburn. Wear protective clothing and avoid sun exposure while using this product topically. Wash thoroughly before UV exposure.
- Discontinue use if you experience any irritation or a reaction and consult a physician if necessary.
- Keep out of the reach of children.

## INGREDIENT

Citrus Limon (Lemon) Peel Oil

