



Wellness with Rose  
PERSONAL NUTRITION CONSULTING

# LEMON LIFT

Need A Summer Pick-Me-Up? Try Sour Stimulation!

Wonderfully refresh your skin while stimulating your circulatory system. And guess what stimulating your circulatory system is good for? Cellulite!

## Ingredients:

5 drops of lemon essential oil  
6 fresh lemon slices  
Warm water

**Add five drops** of lemon essential oil and six fresh lemon slices to a small bowl of warm water. Soak a washcloth in the bowl for two minutes, and then swirl it over the oil droplets floating on the top of the water. Wring it out and set it aside. After a warm shower, take the washcloth and, starting at your feet and moving upward, scrub toward your heart to stimulate your circulatory system.



Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.