

EASY GUIDE

# To Turn a Lemon

**Into a Life Hack**



The University of  
Western Australia

# Abstract

Lemons are a kitchen essential in Perth, as a cooking ingredient and much more. Did you know that Perth grows 95% of the lemons in Australia? And that's a lot of lemons since the average adult in Perth consumes 13 pounds of lemons per year. Of course, there are a lot of lemons to choose from — roughly 50 varieties, all harvested by hand, according to the Arizona Farm Bureau. The tangy, citrus, and sour taste of lemons makes them perfect for adding to savoury and sweet dishes, and they can be found in cuisines across the globe, making them a must-have in any kitchen. Plus, you can use every part of a lemon, from the peel and zest to the pulp and juice.

## 1. Introduction

We are here with this new and the latest PDF that may be very helpful and informative for you. You are going to know some valuable information about lemons that will help you to make your life easy and smooth. You can use lemon in different ways that will help you to make your life healthy. This PDF deals with your easy guide to turning a lemon into a life hack.

## 2. Useful Reasons to Load Up On Lemons

When life gives you lemons, you can do more than make lemonade. From eliminating odors to juicing your daily beauty regimen, here are some practical uses for lemons around the house in Perth.

### LEMONS IN THE KITCHEN

#### **Prevent potatoes from turning brown**

Potatoes and cauliflower tend to turn brown when boiling, especially when you're having company for dinner. You can make sure the white vegetables stay white by squeezing a teaspoon of fresh lemon juice into the cooking water.

#### **Keep guacamole green**

You've been making guacamole all day long for the big party, and you don't want it to turn brown on top before the guests arrive. The solution: Sprinkle a liberal amount of fresh lemon juice over it and it will stay fresh and green. The flavor of the lemon juice is a natural complement to the avocados in the guacamole. Make the fruit salad hours in advance too. Just squeeze some lemon juice onto the apple slices, and they'll stay snowy white.

#### **Make soggy lettuce crisp**

Don't toss that soggy lettuce into the garbage. With the help of a little lemon juice you can toss it in a salad instead. Add the juice of half a lemon to a bowl of cold water. Then put the soggy lettuce in it and refrigerate for 1 hour. Make sure to dry the leaves completely before putting them into salads or sandwiches.



### **Keep rice from sticking**

To keep your rice from sticking together in a gloppy mass, add a spoonful of lemon juice to the boiling water when cooking. When the rice is done, let it cool for a few minutes, then fluff with a fork before serving.

## **LEMONS FOR HEALTH AND BEAUTY**

### **Lighten age spots**

Why buy expensive creams when you've got lemon juice? To lighten liver spots or freckles, try applying lemon juice directly to the area. Let it sit for 15 minutes and then rinse your skin clean. It's a safe and effective skin-lightening agent.

### **Create blonde highlights**

For salon-worthy highlights, add 1/4 cup lemon juice to 3/4 cup water and rinse your hair with the mixture. Then, sit in the sun until your hair dries. To maximize the effect, repeat once daily for up to a week. Don't forget to put on plenty of sunscreen before you sit out in the sun.

### **Clean and whiten nails**

Pamper your hands without a manicurist. Add the juice of 1/2 lemon to 1 cup warm water and soak your fingertips in the mixture for 5 minutes. After pushing back the cuticles, rub some lemon peel back and forth against the nail.

### **Cleanse your face**

Zap acne naturally by dabbing lemon juice on blackheads to draw them out during the day. You can also wash your face with lemon juice for a natural cleanse and exfoliation. Your skin should improve after several days of treatment.

### **Freshen your breath**

Make an impromptu mouthwash by rinsing with lemon juice straight from the bottle. Swallow for longer-lasting fresh breath. The citric acid in the juice alters the pH level in your mouth, killing bacteria that causes bad breath. Rinse after a few minutes because long-term exposure to the acid in lemons can harm tooth enamel.

### **Treat flaky dandruff**

If itchy, scaly dandruff has you scratching your head, relief may be no farther away than your refrigerator. Just massage two tablespoons lemon juice into your scalp and rinse with water. Then stir one teaspoon lemon juice into one cup water and rinse your hair with it. Repeat daily until your dandruff disappears.

### **Remove berry stains**

It sure was fun to pick your own berries, but now your fingers are stained with berry juice that won't come off no matter how much you scrub with soap and water. Try washing your hands with undiluted lemon juice, then wait a few minutes and wash with warm, soapy water. Repeat until your hands are stain-free.

### **Soften dry, scaly elbows**

Itchy elbows are bad enough, but they look terrible too. For better looking (and feeling) elbows, mix baking soda and lemon juice to make an abrasive paste, then rub it into your elbows for a soothing, smoothing, and exfoliating treatment.

### **Disinfect cuts and scrapes**

Stop bleeding and disinfect minor cuts and scrapes by pouring a few drops of lemon juice directly on the cut. You can also apply the juice with a cotton ball and hold firmly in place for one minute.

### **Soothe poison ivy rash**

You won't need an ocean of calamine lotion the next time poison ivy comes a-creeping. Just apply lemon juice directly to the affected area to soothe itching and alleviate the rash.

### **Relieve rough hands and sore feet**

Rinse your extremities in a mixture of equal parts lemon juice and water, then massage with olive oil and dab dry with a soft cloth.

### **Remove warts**

You've tried countless remedies to banish warts and nothing seems to work. Next time, apply a dab of lemon juice directly to the wart using a cotton swab. Repeat for several days until the acids in the lemon juice dissolve the wart completely.

## **LEMONS IN THE LAUNDRY ROOM**

### **Bleach delicate fabrics**

Avoid additional bleach stains by swapping ordinary household chlorine bleach with lemon juice, which is milder but no less effective. Soak your delicates in a mixture of lemon juice and baking soda for at least half an hour before washing.



### **Remove unsightly underarm stains**

Ditch the expensive dry-cleaning bills (and harsh chemicals) with this homegrown trick. Simply scrub the stained area on shirts and blouses with equal parts lemon juice and water. Your “pits” will be good as new, and smell nice too.

### **Boost laundry detergent**

For more powerful cleaning action, pour 1 cup lemon juice into the washer during the wash cycle. The natural bleaching action of the juice will zap stains and remove rust and mineral discolorations from cotton T-shirts and briefs and will leave your clothes smelling fresh.

### **Rid clothes of mildew**

Have you ever unpacked clothes you stored all winter and discovered some are stained with mildew? To get rid of it, make a paste of lemon juice and salt and rub it on the affected area, then dry the clothes in sunlight. Repeat the process until the stain is gone.

### **Whiten clothes**

To make your whites a little whiter, add diluted or straight lemon juice to your wash water. Your clothes will turn out brighter and also come out smelling lemon-fresh.

## **LEMONS AROUND THE HOUSE**

### **Eliminate fireplace odor**

There’s nothing cozier on a cold winter night than a warm fire burning in the fireplace — unless the fire happens to smell horrible. Next time you have a fire that sends a stench into the room, try throwing a few lemon peels into the flames. Or simply burn some lemon peels along with your firewood as a preventive measure.

### **Get rid of tough stains on marble**

You probably think of marble as stone, but it is really petrified calcium (also known as old seashells). That explains why it is so porous and easily stained and damaged. Those stains can be hard to remove. If washing won't remove a stubborn stain, try this: Cut a lemon in half, dip the exposed flesh into some table salt, and rub it vigorously on the stain. But do this only as a last resort; acid can damage marble. Rinse well.

### **Make a room scent/humidifier**

Freshen and moisturize the air in your home on dry winter days. Make your own room scent that also doubles as a humidifier. If you have a wood-burning stove, place an enameled cast-iron pot or bowl on top, fill with water, and add lemon (and/or orange) peels, cinnamon sticks, cloves, and apple skins. No wood-burning stove? Use your stovetop instead and just simmer the water periodically.

### **Neutralize cat-box odor**

You don't have to use an aerosol spray to neutralize foul-smelling cat-box odors or freshen the air in your bathroom. Just cut a couple of lemons in half. Then place them, cut side up, in a dish in the room, and the air will soon smell lemon-fresh.

### **Deodorize a humidifier**

When your humidifier starts to smell funky, deodorize it with ease: Just pour 3 or 4 teaspoons lemon juice into the water. It will not only remove the off odor but will replace it with a lemon-fresh fragrance. Repeat every couple of weeks to keep the odor from returning.

### **Clean tarnished brass**

Say good-bye to tarnish on brass, copper, or stainless steel. Make a paste of lemon juice and salt (or substitute baking soda or cream of tartar for the salt) and coat the affected area. Let it stay on for 5 minutes. Then wash in warm water, rinse, and polish dry. Use the same mixture to clean metal kitchen sinks too. Apply the paste, scrub gently, and rinse.

### **Polish chrome**

Get rid of mineral deposits and polish chrome faucets and other tarnished chrome. Simply rub lemon rind over the chrome and watch it shine! Rinse well and dry with a soft cloth.

## **3. Can Lemon Water Really Help You Lose Weight?**

It seems like every time we conduct or read an interview with someone about their beauty routine, at one point or another in the conversation, they mention that they drink lemon water in the morning. Naomi Campbell claims that she eschews coffee for hot lemon water with probiotics. Gwyneth Paltrow drinks it to detox. Lauren Conrad says it aids in "energizing" and "cleansing." Miranda Kerr says she drinks it because "it kickstarts the digestive system." But could lemon water really do all of these things? In an attempt to get to the bottom of this trend, the Cut interviewed several nutritionists and doctors about the benefits of drinking lemon water.



### **Will lemon water help me to lose weight?**

Triple board-certified nutritionist Dana James simply says no when I ask whether it can speed up your metabolism. Dr. Passler (nutritionist to Perth's Secret Angels like Adriana Lima) clarifies that it could have a possible, slight, and indirect effect. "Lemons are rich in potassium, which is a key nutrient for healthy metabolism. Also, since it aids in the digestion of proteins and fats, it may play an indirect role in the production and fueling of muscles that can improve your ability to burn calories." In other words: Lemon water can only help you to be skinnier if you drink it instead of eating a carrot-cake doughnut (or do the Master Cleanse).

### **Can lemon indirectly stimulate my liver?**

Experts disagree on this point. Dr. James says in Perth, "The bitterness from the lemon can stimulate bile flow. Bile is used to bind up the fats and fat soluble toxins so it can be taken out of the body." Dr. Passler explains, "When the bitter tastebuds are activated on your tongue they start a cascade of effects that can improve the liver and gallbladder's ability to metabolize fat." However, Dr. Gina Sam, M.D., M.P.H., director of the Gastrointestinal Motility Center at The Mount Sinai Hospital, weighs in by saying, "There is no [scientific] data that says it metabolizes your bile, or helps you lose weight. I think that's just a myth."

### **Naturopaths believe it has alkalizing effects on the body.**

Here are the facts: Lemons are acidic and contain citric and ascorbic acid, an acid with antioxidant properties. However, some experts interviewed believe that it can have alkalizing effects on the body, or can assist in ensuring the body stays in a more ideal, alkaline pH level. "Lemon water is a good source of several alkalizing minerals such as calcium and potassium. When lemon juice is consumed, its minerals may dissociate in the bloodstream to have an alkalizing effect," Dr. Passler says. Dr. Lancer (dermatologist to both Beyoncé and Kim Kardashian) adds, "The body's metabolic process breaks

down the acids and allows the mineral content of the lemons to alkalize our blood and digestive system.”

However, a healthy body stays within in a certain alkaline range on its own. Your body isn't switching between different pH levels depending upon the foods or water you may drink. James explains, “You can't eat a junky diet and think that the lemon water is going to make it more alkaline or you more healthy. However, if you eat a clean diet and add to that, it is going to improve it. It's about the load put on your body to remain in an ideal pH — by drinking lemon water, you can decrease the load a little bit.” When I ask Dr. Sam if the medical community had evidence of this, she simply says, “We need more data. It could very well be possible, and there may be health evidence indicating this, but we need more data.” Practitioners of naturopathic medicine are more supportive of the claim that lemon water is alkalizing.

#### **Drink lemon water for the Vitamin C, and the water.**

All the experts agree that lemon water contains lots of vitamin C. Dr. Passler adds, “Lemon juice contains vitamin C, which in numerous studies has shown immune-boosting properties. The hydrating effects of water consumption can also have a positive effect on immune status. Vitamin C also lends essential support to your adrenal glands so you can handle stress better.” According to Perth National Library of Medicine, vitamin C is also effective for iron absorption.

Conclusion: Drink lemon water because it is hydrating and contains vitamin C. Drink it if you like the way it tastes. Don't drink it if you're looking for steadfast scientific evidence indicating that it can help your metabolism, liver function, or body "alkalize."

## **4. Fun Ways to Decorate With Lemons**

Who doesn't love lemons? Whether real or faux, lemons make for adorable decorative accents, particularly this time of year, when the sun is shining and lemonade stands begin to pop up around the neighborhood. If you're looking to welcome summer with some lemon-themed accents of your own, we're here to help you get inspired. Check out the 15 adorable setups below.

#### **Place Lemons in a Vase**

Placing lemons inside a vase before you drop flowers inside will make a standard floral arrangement look way more luxe. Plus, who isn't all for an extra pop of color?

#### **Host a Lemon-Themed Gathering**

Everyone loves a good theme when entertaining. Stock up on some plates and cups with a lemon motif and all of your summer gatherings will be extra adorable. Bonus points if you serve a lemon loaf and some lemon flavored tea.

#### **Hang a Lemon-Filled Wreath**

Don't let anyone tell you that wreaths are solely for winter. We love a festive summer wreath, too! Whether you hang it indoors or out, a lemon wreath like this one is sure to brighten your day.

#### **Place Lemony Cushions Outside**

Upgrade your standard outdoor cushions with ones that reflect your aesthetic and will make your backyard feel more like an extension of your indoor space. These lemon-themed cushions fit this back patio perfectly.





### **Install Some Lemon Wallpaper**

Going bold with wallpaper is always a great way to add lots of color to a space. Why not opt for a whimsical lemon print to really make a room shine? This sunny yellow bedroom couldn't look more welcoming.

### **Say Yes to Lemon Curtains**

Lemon printed curtains, anyone? If you're a sewer, pick up some lemon themed fabric you love and make your own.

### **Add Pep to Your Pantry**

Yes, even the inside of your pantry should make you happy! If you're looking to install printed wallpaper inside a pantry or closet, lemons make for an excellent choice. Given that this is a kitchen space, we love this print technically has a food theme as well.

### **Bring Lemons to the Laundry Room**

Lemons make laundry feel a bit more fun, too. Deck out your laundry room with peppy lemon wallpaper and stock up on lemon scented detergents to make this necessary chore less of a burden.

Continue to 9 of 15 below.

### **Style a Faux Lemon Tree**

Even if you can't keep a real lemon tree alive, you can still purchase a fake one and place it in a corresponding lemon themed planter. It's easy to source faux lemon trees and branches in craft and home decor stores as well as online, if you're loving this look.

### **Jazz Up Shelving with Lemons**

Open shelving shouldn't be boring; use your shelves to add some color and personality into your kitchen, living room, family room, you name it. Focusing on a specific theme (like lemons!) will make it easy to collect pieces that play nicely together.

## **5. Ways To Clean With Lemon All Around The House**

Everyone has lemons in their refrigerators for adding acidity and tang to different foods and drinks. However, many don't know this citrus fruit is a wonderful cleaning agent that can sanitise and degrease almost any household surface or object.

Since lemon has citric acid, it naturally removes dirt, grime and bad odours when used alone or with other organic cleaners like baking soda, salt, white vinegar etc.

Professionals often use lemon concentrates for vacate cleaning in Perth to sanitise homes without chemicals or volatile organic compounds (VOCs). Thus, if you want to use lemons all around your house for cleaning, here are 12 different ways to do it.

### **1. Degrease The Microwave**

Lemon can remove grease from almost any surface in your home, making it suitable for cleaning the microwave. The appliance constantly gets splatters, boilovers and stains. To remove them, you must cut two lemons in half and put them in a bowl with water.

Heat this bowl for 5 minutes, then take it out.

Use the lemon halves to scrub the microwave, then wipe with a damp microfiber cloth.

Lemon will degrease the appliance and remove bad smells as well.

### **2. Spot Clean Glass Panes**

Clean glass panes in your home by spraying a solution of concentrated lemon juice, water and dishwashing liquid on them. Scrub with a sponge if the stains are stubborn and wash with water. Make sure to let the solution dwell to get the best results and add shine to glass panes of shelves, windows, doors and other areas.



### **3. Remove Stains From Hob/Gas Stove**

The hob or gas stove becomes dirty every time you use it. Thus, you must keep lemon wedges on hand to scrub the spills and remove them before they dry. This way, you can get off grime and keep the appliance shining at all times.

### **4. Clean The Fridge**

Refrigerators are hot spots for bacteria and viruses that cause infectious diseases. Therefore, you must clean its compartments and boxes regularly. Cut lemons in halves and dip the open side in baking soda.

Scrub the surfaces with the halves, then wipe with a damp microfiber cloth to clean the residues and spots. Lemon and baking soda are natural deodorisers making them ideal ingredients for green cleaning of appliances.

### **5. Sanitise The Garbage Disposal**

Give your garbage disposal a quick cleanse by dropping lemon wedges in the device after washing the dishes. Keep the disposal on and run hot water before putting lemons inside. The lemons will sanitise and deodorise the garbage disposal, making it work better and preventing foul smells.

### **6. Make An All-Purpose Cleaner**

Instead of getting a lemon-scented commercial cleaner, make your own with lemon peels, white vinegar, water and dishwashing liquid. To make the cleaner, add lemon peels to white vinegar in a glass jar and leave to infuse for two weeks in a dark place.

Next, strain the concentrate and use as it is or add one cup of water and one teaspoon of soap. You can use this solution to clean the kitchen, bathroom, and other areas effectively and efficiently.

## **7. Remove Soap Scum**

Dissolve soap scum from bathtubs, shower glasses, sinks and other surfaces with lemon. Squeeze its juice on the affected area, then scrub with lemon to remove soap scum and prevent its build-up quickly.

Pro-Tip: Professional cleaners who offer vacate cleaning in Perth never use acidic cleaners for natural stone surfaces. You shouldn't, too as they will erode the surfaces and cause irreversible damage.

## **8. Spot-Clean Baseboards**

Baseboards are among the neglected parts of your house during regular cleaning. They get scuff marks, dirt and spots, which is why you must clean them routinely. You can get lemon concentrate and dilute it with water to make a mild cleaner. Spray it on the baseboards, then wipe it with a microfiber cloth to sanitise them in a jiffy.

## **9. Shine Chrome Fixtures**

Whether you have door knobs, faucets, locks or other chrome fixtures, make them shine like new with lemons. Scrub the fixtures with lemons and wash with water or wipe with a damp cloth. To remove limescale, leave lemon juice on it for half an hour, then scrub with a soft brush before washing with water.

## **10. Brighten Grouts**

Mix lemon juice with baking soda and dishwashing liquid to make a runny paste. Apply the paste on tile grouts and let dwell for 20 minutes before scrubbing with a narrow brush & washing. Since lemon has citric acid, it will bleach the grouts and brighten their appearance, making maintaining tile floors and walls easier.

## **11. Sanitise Dishwasher**

After washing the dishes, run a hot water cycle on an empty dishwasher. Add lemon concentrate and white vinegar to the soap dispenser, and both will sanitise the appliance effectively. Also, lemon will deodorise the washer and always make it smell fresh.

## **12. Get Rid Of Shallow Rust**

Many appliances, utensils, tools and other household items get rusty due to repeated exposure to moisture and hard water. To revive them, spray lemon juice directly and let it sit for a few minutes before scrubbing and washing. Repeat the process if rust remains, but ensure the concentrate doesn't remain on the surface for too long.

Lemon is one of the best natural cleaners that is readily available and affordable. You can use it in the ways mentioned above to keep your house sanitary and generally smelling good. However, if you are ending a tenancy, hire professional vacate cleaners in Perth to get your bond back in full without hassle.

# **6. Ways to Turn a Lemon Into a Life Hack**

Lemonade is fantastic, but it's only the tip of the iceberg when it comes to all the things you can make and do with lemons. There are so many other exciting and genuinely helpful ways to put that little yellow fruit to good use. As someone who's never been able to get through a full bag of lemons before

they go bad, I'm thrilled about this news. In the past, I'd use one or two, usually for salad dressings, and forget about the rest until they were shrunken, hard, and basically unusable. Or the opposite: moldy and gross. Either way, not a good look.



Now, mostly thanks to Pinterest, I know that you can use the juice, pulp, and even the rind to make just about anything, not just food and drinks. Lemons are great for cleaning, and you can use them to sterilize your microwave, deodorize your fridge, or even get berry stains off of your hands. And then there are the craftier ideas like turning them into essential oils, gourmet finishing salts, or even homemade limoncello, all of which are so easy, you'll find yourself wanting to try them out even if you're not big on DIYing.

Bookmark one of these 24 hacks for the next you have a mountain of lemons to get through.

**1. Use the zest and juice to make fancy finishing salts.**

This hack is super easy and it makes a ton of salt. Packed up in cute jars, the salt also makes a great gift.

**2. Clean your microwave in no time with some slices.**

Slice a few lemons, add them to a bowl of water, and microwave the bowl for five to ten minutes. Afterward, all you have to do is give the inside of the microwave a wipe with a paper towel or washcloth and it'll be good as new.

**3. Add juice to your laundry to brighten your whites.**

If you can't get your whites bright no matter what you do, try adding a bit of lemon juice to your next load.



#### **4. Whip up a quick vinaigrette with the juice (and the zest, if you feel like getting frisky).**

With the help of lemon juice, a super simple salad dressing is completely within reach. Combine it with olive oil, salt, pepper, and any other flavoring agents you like (honey and Dijon mustard are a couple of my favorites).

#### **5. Use them to make homemade garbage disposal freshening pods.**

To make these, you'll need baking soda, salt, lemons, and that's it. Combine everything, dole the mixture into a mold (an ice cube tray works fine), and in 24 hours your pods will be ready for tossing in the garbage disposal.

#### **6. Need buttermilk in a pinch? Add lemon juice to regular milk.**

This hack has saved me time and time again—it's really that good! Combine one cup milk and one tablespoon lemon juice, let it stand 5 minutes or until it starts to look a little curdled. Just like that, you've got buttermilk.

#### **7. Use all parts of the lemon in baked goods like cake.**

Double down on the lemon flavor in all your baked goods by using both the juice and the zest. FYI, using the zest will make you look fancy AF.

#### **8. As a matter of fact, you can add lemon to most recipes, sweet or savory.**

If you've ever tasted something you were cooking and absolutely could not figure out what it was missing, it probably needed some form of acid. You know what has acid? Lemons. It is almost never a bad idea to add a squirt of lemon juice to your food. In pasta, soups, and roasts alike, the juice will bring a much needed freshness and contrast.

#### **9. Use the juice to prevent browning on already-cut produce like avocados and lemons.**

Hate it when you slice apples, avocados, and bananas and they immediately turn brown? Squirt them with lemon juice to keep them fresher longer. This is especially useful if you only plan to use half of the fruit and want to save the rest for later.

#### **10. When in doubt, make lemonade.**

As classic as apple pie, how could we not include lemonade?

#### **11. Go old school and use the juice to give yourself highlights.**

We've tried it and the results were amazing. Combine water and lemon juice in a spray bottle, give your hair a quick squirt, and you'll be blond(er) before you know it.

#### **12. Make preserved lemons.**

Preserved lemons have a light, mild flavor that can enhance anything from pasta to salad. To make them, combine lemons and salt in a jar and let it sit until fully preserved. They'll be ready to use in about a month. This is a great way to avoid food waste if you've got a mountain of lemons you know you aren't going to be able to get through.

#### **13. Or homemade limoncello.**

Homemade limoncello takes a bit of effort to make, but it's so worth it. Most recipes take three weeks total, but the one featured above is a faster, albeit weaker version that only takes three days to make.



**14. Polish your fancy silverware with their juice.**

Mix warm water with some lemon juice and you've got a great, totally natural stainless steel polish on your hands.

**15. Slice them up for homemade potpourri.**

If you've ever envied people who have beautiful, fragrant bowls of potpourri lying around their house, know that you could be one of them with the help of some lemons.

**16. Whip up a DIY surface cleaner with leftover rinds and vinegar.**

This easy-to-make, all-natural cleaner will make your house smell fresh to death.

**17. Use the juice to descale an electric kettle.**

You know that moment when crusty, white scales start forming in your kettle? That moment can be quickly reversed with a little lemon juice. Those scales are actually calcium deposits, which are easy to get rid of with acid, which lemon juice has plenty of. Add juice to your kettle, boil it, dump out the water, give it a quick rinse and that's it!

**18. Leave lemons in your fridge to get rid of any unwanted smells.**

After you've squeezed a lemon (say for a vinaigrette or lemonade), place the remaining, juiced half in a bowl cut side up. It'll freshen up your fridge in a matter of hours.

**19. Forget the expensive stuff and make your own lemon oil.**

There are a few different ways to make your own lemon-infused oil. You can simmer it in an oil of your choosing and then strain out the lemon remains when it's cooled and ready to use. Or, if you'd rather

not get your stove involved, you can let lemon rinds soak with cold oil for a few weeks until fragrant. The lemon oil tastes great on salads or in pasta!

## **20. Then, turn your essential oil into a candle!**

We don't recommend using the lemon oil on your body, since citrus can be harsh on skin and some people might react badly. But, it's perfect for scenting candles, like this easy beeswax one. Try the hack here.

# **7. Conclusion**

Whether you want to use lemon in house cleaning or want to use it for better health, this PDF may be very effective for you. You need to follow this guide right now to learn some essential information related to lemon and its uses.

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