

Yuzu

Citrus junos



Yuzu is cold pressed from the peel of the yuzu fruit. It has a sweet, tangy, citrusy aroma. Yuzu is often used for calming the mind and emotions. It is often used to help improve focus and concentration. The fruit has been used in Japan in a traditional bath at winter solstice to help warm the body and promote health.



EMOTIONS YUZU IS USEFUL FOR

ENHANCES FEELING: COUNTERACTS FEELING:

- Calm
 - Energized
 - Refreshed
 - Uplifted
- Anxious
 - Depressed
 - Exhausted
 - Nervous
 - Tense
 - Worried

MY EXPERIENCES



EMOTIONAL EFFECTS/ISSUES SUPPORTED BY YUZU

- Clarifies
- Cleanses
- Uplifts