

LIMONEIRA[®]

SINCE 1893

Celebrating Moms with Limoneira Citrus

DIY Beauty Tips and More from Limoneira Spokesperson Megan Roosevelt and Guest Vlogger Elizabeth Shaw

(Santa Paula, CA) – It's May, and that means Mother's Day is just around the corner – and here at Limoneira, we are firm believers in helping Moms to pamper themselves in celebration. Citrus fruits are endlessly useful, and can be used in many DIY home beauty and self-care solutions. Thus, Limoneira spokesperson (and brand new mom) Megan Roosevelt, alongside guest collaborator (and expectant mommy-to-be) Elizabeth Shaw, will be bringing her favorite self-pampering methods and recipes for tasty treats to the Limoneira YouTube channel all month long.

For a helpful demonstration, you can watch Megan and Elizabeth create the recipes below [here](#) on the Limoneira YouTube channel. Don't forget to subscribe – videos with more wonderful recipes, tips and tricks not detailed in this release will be added to the channel each Friday throughout the month.

Limoneira has also partnered with additional global chefs and mixologists, nutritionists, and beauty lifestyle and green cleaning experts to share their knowledge with the customers of our grocery and food service partners around the world. Their biographies can be found on [Limoneira's website](#).

Take a look at some of this month's DIY beauty tips below.

Whipped Lemon Lotion – This homemade lotion is absolutely ideal for a post-bath relaxation session.

Ingredients:

- 1 Limoneira classic lemon, cut in half
- 3-4 drops of lavender essential oil (optional – any favorite scent will work)
- ½ cup soft coconut oil (not melted, but not rock hard – room temperature)

Directions: Juice half of the lemon. Whisk ingredients together until you have a fluffy, smooth lotion. This can be done by hand or with an electric mixer. Apply and enjoy!



Cucumber Salad with Lemon Poppyseed Dressing – Light and fresh, this simple dish is the perfect springtime treat.

Ingredients:

- 1 mason jar
- ¼ cup extra virgin olive oil
- 1 tsp sugar of choice
- 2 tbsp freshly squeezed lemon juice
- 1 ½ tsp poppy seeds
- A pinch of salt and pepper
- 1 long English cucumber, sliced

Directions: Add ingredients (except cucumber) to mason jar with secure lid or blender and shake/blend until ingredients emulsify. Pour over cucumber slices and mix so dressing coats slices evenly. Serve with meal of choice – or enjoy by itself!



Each month, Megan will be featuring another wonderful facet of citrus living. Subscribe to [Limoneira's Youtube channel](#) for more information on the many ways this endlessly versatile fruit can improve life inside the home and beyond.

