

## How to Squeeze Your Lemons Perfectly

Squeezing lemons does not have to be a tiresome job if you go about it the proper way. The first thing to note is the type of fruit you purchase from the grocery store. Always buy lemons which are ripe. They should be deep yellow in color and a little soft to press. Make sure that they are not too mushy or moldy.

Once you have brought home the right type of fruit, the next step after washing your lemon is to massage it with your hand. Press it from all sides. You will feel the inside of the fruit breaking internally under the pressure of your fingers/thumb. You want to make sure that the lemon is soft and supple before you squeeze it with Innate Essence's Citrus Fresh Lemon Squeezer.



Once you feel that the lemon has hemorrhaged well, cut it down the middle with a sharp knife.



Next, take one half and cut off the tip. The Citrus Fresh Lemon Squeezer will press down on that cut end, so having a flat end ensures proper leverage.



Place the lemon half in the Citrus Fresh Lemon Squeezer. If the lemon is small place it in the green bowl, otherwise place it in the main yellow bowl. Make sure that the lemon half is placed upside down, so that the larger cut side faces down.



Press effortlessly, increasing pressure gradually as required.



Make sure you squeeze well so that all the juice leaves the lemon half. Tilt the squeezer so that it spills any left over juice remaining in the squeezer. The fruit comes out of the squeezer perfectly squeezed – inside out.



Enjoy using your Innate Essence product for a lifetime!

