

# Melissa

Melissa officinalis 5 ml

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PRODUCT INFORMATION PAGE



**Plant Part:** Leaf, top

**Extraction Method:** Steam distillation

**Aromatic Description:** Citrus, herbaceous

**Main Chemical Components:** Geranial, germacrene, neral,  $\beta$ -caryophyllene

## PRIMARY BENEFITS

- Calms tension when applied topically
- Uplifting and invigorating for emotional well-being

### Melissa

Melissa officinalis 5 ml

Part Number: 30850805

Wholesale: £95.50 / 149 PV

134,00 € / 149 PV



## PRODUCT DESCRIPTION

Melissa officinalis, also known as lemon balm, received the name “Melissa” because of its sweet, fresh, citrus-like fragrance, which was known to attract bees (Melissa is Greek for “honey bee”). As one of our rarest and most expensive oils, Melissa has a wide range of benefits and uses. Due to its positive effect on mood, Melissa has long been used to help calm feelings of tension and nervousness when applied topically.

## USES

- Add to moisturiser or a spray bottle with water and spritz on face to rejuvenate skin and refresh the mind.
- Rub on forehead, shoulders, or chest for feelings of calm and to promote emotional well-being.

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of choice.

**Food additive use:** Dilute one drop in 125 ml of liquid.

**Topical use:** For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor’s care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.