

MELISSA

Melissa officinalis 5 mL

Citrus, herbaceous

Aromatic description

PRIMARY BENEFITS

- Uplifting and invigorating for emotional and spiritual wellbeing.
- Soothing scent to promote feelings of balance.

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. Melissa is used as a flavour in teas and ice cream as well as with some fish dishes.

Because of its positive uplifting scent, Melissa has long been used to soothe and promote a sense of centeredness and balance.

USES

- Diffuse at night or rub on forehead, shoulders, or chest for soothing feelings and to promote emotional well-being.
- Diffuse before bed time.
- Add to moisturiser or a spray bottle with water and spritz on face to revitalise the appearance of the skin and feel refreshed.

DIRECTIONS FOR USE

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

FOOD FLAVOUR USE: Add one or two drops to food.

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

See additional precautions to the right.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Leaf, top

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Geranial, germacrene, neral, β -caryophyllene



Certified Pure Tested Grade

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