

Melissa

Melissa officinalis 5 mL

dōTERRA[®]

PRODUCT INFORMATION PAGE



Application: A | T | S

Plant Part: Leaf, top

Extraction Method: Steam distillation

Aromatic Description: Citrus, herbaceous

Main Chemical Components: Geranial, germacrene, neral, β -caryophyllene

PRIMARY BENEFITS

- Promotes feelings of relaxation and emotional well-being.

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. Diffusing Melissa at night can help promote emotional well-being.

USES

- Diffuse at night or rub on forehead, shoulders, or chest to help lessen feelings of tension and promote emotional well-being.
- Diffuse to create a relaxing environment.

DIRECTIONS FOR USE

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

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

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.

