

MELISSA

Melissa officinalis 5 mL

Citrus, herbaceous

Aromatic description

PRIMARY BENEFITS

- Uplifting and invigorating for emotional and spiritual wellbeing
- Calming soothing scent to promote feelings of emotional balance in tense times
- Promotes feelings of relaxation

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 in situations of tension to help calm feelings and promote a sense of centeredness and balance.

Diffusing Melissa essential oil at night can help initiate a restful sleep environment and promote emotional well-being.

USES

- Diffuse at night or rub on forehead, shoulders, or chest for feelings of calmness and to promote emotional well-being.
- Diffuse to create a relaxing environment before a restful night's sleep.
- 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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