

# Lime

*Citrus aurantifolia* 15 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade

**Application:** A T I S

**Plant Part:** Lime Peel

**Extraction Method:** Cold pressed/expressed

**Aromatic Description:** Citrus, tart, sweet

**Main Chemical Components:** Limonene,  $\beta$ -pinene,  $\gamma$ -terpinene

## Lime

*Citrus aurantifolia* 15 mL

Part Number: 30871813

Wholesale: \$16.75 CAD

Retail: \$22.33 CAD

PV: 14



## PRODUCT DESCRIPTION

Cold-pressed from the peel of fresh limes, dōTERRA Lime essential oil is refreshing in both aroma and taste. Limes are frequently used in entrées and beverages for their fresh, citrus flavor. With cleansing benefits and a balancing, energizing scent, Lime essential oil can cleanse and uplift when used aromatically or topically.

## USES

### Cosmetic

- Add 1 drop to facial cleanser to give complexion a healthy-looking glow.
- Combine several drops with Fractionated Coconut Oil and massage into cuticles.
- Combine 1 drop with shampoo in hand and massage into scalp and hair for added cleansing benefits.

### Food

- Add 1 drop of Lime to drinking water for a refreshing flavor.
- Add a drop of this tangy oil to salsa, guacamole, or dips for an enhanced flavor

### Household

- Place a few drops of Lime on a rag to help remove stubborn, sticky residue.
- Add to a spray bottle of water to clean tables, counter tops, and other surfaces.

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 120 mL of liquid.

**Topical use:** When used topically, dilute 1 drop with 5-10 drops of carrier oil to minimize 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. Avoid sunlight or UV rays for up to 12 hours after applying product.