

Lime

Citrus aurantifolia 15 mL

dōTERRA®

Product Information Page



CP **TG** 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 Composition: Limonene, β -pinene, γ -terpinene

Lime | *Citrus aurantifolia* 15 mL

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Description

Cold-pressed from the peel of fresh limes, dōTERRA Lime essential oil is refreshing and energizing in both aroma and taste. Experience the same bright, citrus flavour of fresh limes by adding Lime essential oil to your favourite entrées, side dishes, and beverages. Because of its topical cleansing properties, Lime oil also makes the perfect addition to your evening personal care routine. Lime oil is frequently used in facial and body cleansers for its purifying properties and uplifting scent.

Uses

Cosmetic

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

Food

- + Add two drops 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 10-15 drops to a spray bottle of water to clean tables, countertops, and other surfaces.

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.