

Melissa

Melissa officinalis 5 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I N

Plant Part: Leaf, top

Extraction Method: Steam distillation

Aromatic Description: Citrus, herbaceous

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

Melissa | *Melissa officinalis* 5 mL

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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 variety of benefits and uses and is known for its calming fragrance. Melissa is used as a flavor in teas and ice cream as well as with some fish dishes. Diffuse to create a relaxing fragrance at home.

Uses

Cosmetic

- + Apply one drop to facial cleanser to promote clean skin.
- + Apply to forehead, shoulders, or chest for a relaxing aroma.
- + Add Melissa to daily moisturizer for a refreshed-looking appearance.
- + Dilute with Fractionated Coconut Oil and apply to muscles before and after exercise.

Food

- + Add to herbal tea for a citrus-like flavor.

Household

- + Diffuse to create a relaxing fragrance at home.
- + Add a few drops of Melissa to a spray bottle with water and use on household surfaces.

Directions

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 with carrier oil as needed for skin sensitivity.

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.