

Lime

Citrus aurantifolia 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



PRIMARY BENEFITS

- Can be used to add a zesty flavour to a myriad of recipes from savoury dishes to sweet desserts.
- Cold pressed from lime rinds to preserve its delicate nature and useful, potent properties.
- Its rich, citrus aroma changes the environment or atmosphere.

PRODUCT DESCRIPTION

Cold-pressed from the peel of fresh limes, dōTERRA Lime essential oil is refreshing and energising in both aroma and taste. Limes are frequently used in entrées and beverages for their fresh, citrus flavour.

USES

- Add a drop of Lime to your favourite slushies, smoothies, and drinks.
- Add a drop of Lime oil to homemade salsa to give it an extra punch of flavour.
- Mix a drop of Lime oil into a vinaigrette to create a zesty and pungent salad dressing.

DIRECTIONS FOR USE

For food flavouring.

CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Keep out of eyes, inner ears, face, sensitive areas, and mucosa. In case of skin contact, avoid sunlight and UV rays for at least 12 hours.

