

Lime

Citrus aurantifolia 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **A** **T** **I** **S**

Plant Part: Lime Peel

Extraction Method: Cold pressed/expressed

Aromatic Description: Citrus, tart, sweet

Main Chemical Components: Limonene, β -pinene, γ -terpinene

PRIMARY BENEFITS

- Positively affects mood with stimulating and refreshing properties
- Can be used as an aromatic and topical cleanser or use internally.
- Promotes emotional balance and well-being

PRODUCT DESCRIPTION

Cold-pressed from the peel of fresh limes, dōTERRA Lime essential oil is refreshing and energizing in both aroma and taste. Limes are frequently used in entrées and beverages for their fresh, citrus flavor. Due to its high limonene content, Lime can be diffused to help purify the air. Lime is known for its ability to uplift, balance, and energize. Lime is frequently used in facial and body cleansers for its purifying properties and uplifting scent.

USES

- Diffuse to cleanse the air and lift your mood.
- Add a drop of Lime to your drinking water for enhanced flavor.
- Add 1 drop to your facial cleanser or shampoo for added cleansing properties.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any 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.

