

# Melissa

Melissa officinalis 5 mL

dōTERRA®

Product Information Page



**Application:** A T I N

**Plant Part:** Leaf/Stem

**Extraction Method:** Steam distillation

**Aromatic Description:** Citrus, herbaceous

**Main Chemical Composition:** Geranial, Citronellal,  
β-Caryophyllene

## Primary Benefits

- + Encourages a relaxing, comforting atmosphere
- + Helps reduce tension

## 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"). A highly sought after oil, Melissa has a wide range of benefits and uses. Melissa is used as a flavor in teas and ice cream and is sometimes used in fish dishes. Melissa has long been used to help create a relaxing, comforting environment. Diffusing Melissa at night can help initiate a restful sleep environment.

## Uses

- + Diffuse to create a relaxing environment.
- + Rub on forehead, shoulders, or chest.
- + Add a drop or two to flavor tea or homemade ice cream.

## Directions

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

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

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

## 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.

### Application Methods

A Aromatic T Topical I Internal H Home Care

### Skin Sensitivity

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