

# Lime

*Citrus aurantifolia* 15 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade™

Known for its distinct aroma and taste, Lime provides cleansing benefits, making it the perfect oil for purifying.

**Plant Part:** Lime Peel

**Extraction Method:** Cold pressed/expressed

**Aromatic Description:** Citrus, tart, sweet

**Main Chemical Components:** Limonene,  $\beta$ -pinene,  $\gamma$ -terpinene

## PRIMARY BENEFITS

- May support healthy immune function when consumed\*
- Refreshing aroma that stimulates the senses
- Used as surface cleanser
- The aroma encourages a balanced and energizing atmosphere

**Lime**

*Citrus aurantifolia* 15 mL

## 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. Experimental research suggests that due to its high limonene content, Lime may provide internal cleansing benefits, but further research is required.\* The citrusy aroma can be diffused to help freshen the air. It's also an effective and natural surface cleaner. Lime is frequently used in facial and body cleansers for its purifying properties and uplifting scent.

## USES

- Diffuse to freshen the air.
- Put some Lime on a cotton pad and use to help remove grease spots and sticker residue.
- Add a drop of Lime to your drinking water for enhanced flavor.

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in four fluid ounces 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. Avoid sunlight and UV rays for at least 12 hours after applying product.

\* Information has not been reviewed by the **health authorities in Israel and around the world** and this product is not intended for the diagnosis, treatment, or prevention of any disease.