

# Melissa

*Melissa officinalis* 5 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade™

With the ability to positively affect mood, Melissa essential oil is often used to reduce tense feelings, promote relaxation, and calm feelings of nervousness.

## PRIMARY BENEFITS

- May help to support a healthy immune system when taken internally\*
- Internal use can help calm tension and nerves\*
- Encourages a relaxing atmosphere

### Melissa

*Melissa officinalis* 5 mL

## PRODUCT 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 oil has a wide range of benefits and uses. Melissa is used as a flavor in teas and ice cream as well as with some fish dishes. Melissa has long been used to help calm feelings of tension and nervousness. Melissa oil may also help support a healthy immune system\*

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 120 ml 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.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.