LIME
_Citrus aurantifolia 15 mL_

_Citrus, tart, sweet_
_Aromatic description_

**PRIMARY BENEFITS**

- Uplifting and pleasing aroma
- Stimulating and refreshing to the senses
- Versatile food flavouring
- Promotes feelings of emotional balance and well-being

**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 used in a variety of dishes and beverages for their fresh, citrus flavour.

Due to its high limonene content, Lime essential oil provides a refreshing flavour and can be diffused to add a refreshing aroma inside the home.

**USES**

- Diffuse for a refreshing and stimulating aroma. Blends well with Cilantro, Balance, Peppermint and Vetiver essential oils.
- Try as a subtle flavour replacement for lemon in recipes.
- Add a drop of lime essential oil to your drinking water for an enhanced flavour.

**PLANT PART:** Lime Peel

**EXTRACTION METHOD:** Cold pressed/expressed

**MAIN CHEMICAL COMPONENTS:**
Limonene, β-pinene, γ-terpinene

**DIRECTIONS FOR USE**

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

**FOOD FLAVOUR USE:** Add one or two drops to food.

**CAUTIONS**

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor’s care consult your physician. Avoid contact with eyes, inner ears and sensitive areas. Application to skin may increase sensitivity to sunlight.