

# LIME

*Citrus aurantifolia* 15 mL

*Citrus, tart, sweet*

*Aromatic description*

## PRIMARY BENEFITS

- Uplifting and pleasing aroma.
- Invigorating and refreshing to the senses.
- Versatile food flavouring.
- Promotes feelings of 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 invigorating 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.

## 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.

**PLANT PART:** Lime Peel

**EXTRACTION METHOD:** Cold pressed/expressed

**MAIN CHEMICAL COMPONENTS:** Limonene,  $\beta$ -pinene,  $\gamma$ -terpinene



Certified Pure Tested Grade

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