

LIME

CITRUS AURANTIFOLIA 15 ML



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 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 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 1 or 2 drops to food.

CAUTIONS

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

PLANT PART: Lime Peel

EXTRACTION METHOD: Cold pressed/expressed

AROMATIC DESCRIPTION: Citrus, tart, sweet

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

