

Melissa

Melissa officinalis 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **A** **T** **N**

Plant Part: Leaf, top

Extraction Method: Steam distillation

Aromatic Description: Citrus, herbaceous

Main Chemical Components: Geranial, germacrene D, neral, β -caryophyllene

PRIMARY BENEFITS

- Helps purify the air and create a positive aroma
- Calming and relaxing aroma
- Aroma promotes feelings of relaxation

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 has a wide range of health benefits and uses. Melissa is used as a flavor in teas and ice cream as well as with some fish dishes. Diffusing Melissa at night can help promote a restful sleep environment.

USES

- Diffuse at night or rub on forehead, shoulders, or chest for its aroma to help lessen feelings of stress.
- Diffuse to create a relaxing environment that encourages a restful night’s sleep.
- Add to moisturizer or a spray bottle with water and spritz on face to rejuvenate skin and refresh the mind.

DIRECTIONS FOR USE

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

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

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.

