

Melissa

Melissa officinalis 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **Plant Part:**
A T I N Leaf, top

Extraction Method:
Steam distillation

Aromatic Description:
Citrus, herbaceous

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

PRIMARY BENEFITS

- May help support a healthy immune system*
- Calms tension and nerves
- 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. Because of its positive effect on mood, Melissa has long been used to help calm feelings of tension and nervousness. Diffusing Melissa at night can help initiate a restful sleep environment and promote emotional well-being. Melissa may also help to support a healthy immune system.*

USES

- Diffuse at night or rub on forehead, shoulders, or chest to help lessen feelings of stress and promote emotional well-being.
- 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 your choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut 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.



* 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.