

# Melissa

Oil Natural Flavor 5 mL

dōTERRA®

Product Information Page



CPTG

**Application:** I | N

**Plant Part:** Leaf/Stem

**Extraction Method:** Steam distillation

**Aromatic Description:** Citrus, herbaceous

**Main Chemical Composition:** Geraniol, Neral, Citronellal,  $\beta$ -Caryophyllene

## Primary Benefits

+ Add to drinks or foods

## 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"). A highly sought after oil, Melissa has a wide range of benefits and uses. Melissa is used as a flavor in teas and ice cream and is some times used in fish dishes. More confirming clinical research is needed, but preclinical studies suggest Melissa may help the body, when taken internally†.

## Uses

+ Add a drop or two to flavor tea or homemade ice cream.

## Directions

**Internal use:** Dilute one drop in four fluid ounces of liquid.

## 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.