

Lime

Citrus aurantifolia 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

Application: A T I S

Plant Part: Peel

Extraction Method: Cold pressed

Aromatic Description: Citrus, tart, sweet

Main Chemical Components: Limonene, β -pinene, γ -terpinene

PRIMARY BENEFITS

- Supports healthy immune function when consumed[†]
- Provides a refreshing, stimulating aroma
- Contains cleansing properties
- Encourages a balanced and energizing atmosphere

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PRODUCT DESCRIPTION

Cold-pressed from the peel of fresh limes, dōTERRA Lime essential oil is refreshing and energizing in both aroma and taste. Limes are frequently used in entrées and beverages for their fresh, citrus flavor. Experimental research suggests that due to its high limonene content, Lime may provide internal cleansing benefits, but further research is required.[†] The citrusy aroma can be diffused to help freshen the air. It's also an effective and natural surface cleaner. Lime is frequently used in facial and body cleansers for its purifying properties and uplifting scent.

USES

- Diffuse to freshen the air.
- Drop on a cotton pad and use to help remove grease spots and sticker residue.
- Add to your drinking water for enhanced flavor.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fluid ounces of liquid.

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. Avoid sunlight and UV rays for at least 12 hours after applying product.

[†]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.