Lime
Citrus aurantifolia 15 mL

PRODUCT INFORMATION PAGE

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. Due to its high limonene content, Lime provides internal cleansing benefits* and 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 cleanse the air.
• Put some Lime on a cotton pad and use to help remove grease spots and sticker residue.
• Add a drop of Lime to your drinking water for enhanced flavor.
• Add one drop to your facial cleanser or shampoo for added cleansing properties (see cautions).

DIRECTIONS FOR USE
Diffusion: Use three to four drops in the diffuser of choice.
Internal use: Dilute one drop in four 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 or UV rays for up to 12 hours after applying product.

Application: ATIS
Plant Part: Lime Peel
Extraction Method: Cold pressed/expressed
Aromatic Description: Citrus, tart, sweet
Main Chemical Components: Limonene, β-pinene, γ-terpinene

PRIMARY BENEFITS
• Supports healthy immune function, when consumed*
• Refreshing aroma that stimulates the senses
• Used as topical and internal cleanser*
• The aroma encourages a balanced and energizing atmosphere