

Melissa

Melissa officinalis 5 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I N

Plant Part: Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Citrus, herbaceous

Main Chemical Composition: Geranial, Neral, Citronellal, β -Caryophyllene

Melissa | *Melissa officinalis* 5 mL

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Primary Benefits

- + Encourages a relaxing, comforting atmosphere
- + May support a healthy inflammatory response when consumed according to preclinical research*

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 sometimes used in fish dishes. Melissa has long been used to help create a relaxing, comforting environment. Diffusing Melissa at night can help initiate a restful sleep environment. More confirming clinical research is needed, but preclinical studies suggest Melissa may help support a healthy inflammatory response when taken internally.*

Uses

- + Diffuse to create a relaxing environment.
- + Rub on forehead, shoulders, or chest.
- + Add a drop or two to flavor tea or homemade ice cream.

Directions

Aromatic use: 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.

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.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin

*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.