

Lime

Citrus aurantifolia

Therapeutic Properties: *Antiseptic, antiviral, astringent, aperitif, bactericidal, disinfectant, febrifuge, haemostatic, restorative, and tonic.*

Lime oil is used for its fresh, energizing benefits, and is known for its ability to cleanse, purify, and renew the body, mind, and spirit. Unlike many of the other citrus oils, Lime has a concentrated odor intensity that makes it a good addition to a perfume blend or men's aftershave. It's excellent blended with Lemon and can be used as an alternative to Lemon since it has many of the same benefits.

Like Lemon, Lime Essential Oil helps to sharpen the mind and bring clarity of thought which makes it an excellent oil for studying or when doing work requiring concentration and mental accuracy.

Lime oil has great disinfecting properties. It makes a perfect addition to home cleaning products for its fresh aroma and disinfecting properties. Blend with Eucalyptus Radiata for a nice respiratory room spray, as it opens up the breathing passages and purifies the air.

Lime Essential Oil is restorative and tonic, helping to restore health and strength to those who are recovering from debilitating illness. Lime blends well with Neroli, which is known to reduce anxiety, to make a perfect de-stressing combination.

aromatherapy & home uses

Circulation, Muscles, and Joints: Arthritis, cellulitis, high blood pressure, nosebleeds, obesity, congestion, poor circulation, rheumatism.

Digestive System: Dyspepsia.

Immune System: Colds, fevers, infection.

Respiratory System: Asthma, throat infection, bronchitis, catarrh.

Skin Care: Acne, anemia, brittle nails, boils, chilblain, corns, cuts, greasy skin, herpes, insect bites, mouth ulcers, spots, varicose veins, warts.

suggested usage (10 years & up)

BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.

COMPRESS:

- Mix 2-4 drops of Lime Essential Oil in 1 pint of hot or cold water; soak a towel in water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser to create an uplifting and stimulating work environment.
- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply.
- Diffuse or use in a spray bottle to disinfect indoor air, as well as for washing appliances and furnishings. A couple of drops of this oil in wash water will make a room fragrant and hygienic.

INTERNAL

- One drop in a glass of water purifies the water and can assist with digestion.
- May be added, with a drop of honey, to green tea.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

TOPICAL

- To assist with dandruff, hair loss, and fungal infections add 5 drops of Lime Essential Oil to shampoo and massage into hair for an invigorating scalp treatment.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Exposure to strong sunlight or UV light within 24 hours of topical application may result in skin irritation or pigmentation.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Producing Organ: *Peel*

Extraction: *Cold Expression*

Country of Origin: *USA*

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children

Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in 10 ml carrier oil*
- 5 to 10 years - *6 drops in 10 ml carrier oil*
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 5 to 10 years - *6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality*
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

10ml Bottle



QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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