

# MELISSA

## *Melissa officinalis*

Although the Lemon Balm herb plant is very common, the oil distilled from it is one of, if not the most, rarest of all herbal oils. The incredibly high price of authentic Melissa is due to the fact that it takes approximately 3 tons of plant material to make ½ kilo of essential oil.

**ANTIVIRAL,  
CALMATIVE,  
ANTI-INFLAMMATORY**

Despite the high price, Melissa has great value as a medicinal oil. It has been confirmed to have powerful antiviral properties. Studies in Germany indicate it is useful against various strains of influenza virus, herpes, smallpox, and mumps. Tisserand cites research indicating that Melissa blended with Rose Otto is effective against both shingles and cold sores.

Recommended to treat both nausea and indigestion, especially when they are caused by nervous tension. Some authorities say it slows the heart beat, relieving palpitations and helps lower blood pressure. Blended with Geranium it helps with painful periods.

A recent study quoted in the Journal of Complementary Medicine showed Melissa oil is a safe and effective treatment for the management of agitation in severe dementia. The study indicates that pure Melissa oil significantly reduced agitation and has important quality of life benefits.

Emotionally it is said to bring acceptance and understanding; to calm anxiety and is uplifting. Melissa is said to be extremely useful in cases of emotional shock, grief, fear, and anger.

**Available in: 5ml Bottle**

## daily uses

### BATH

- Add 10-20 drops to 1/2 cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water.

### DIFFUSION

- Diffuse 10 to 15 drops for 10 minutes every hour throughout the day.

### INHALATION

- Inhale 1-2 drops from a tissue or cotton ball.

### MASSAGE

- Add 5-10 drops to 1 tbsp of carrier oil and massage into skin.

### MISTING SPRAY

- Mix 20-40 drops to a 4 oz. cobalt blue spray bottle of distilled water.

### TOPICAL

- Use as perfume by applying a drop or two to pulse points.
- Add 10 drops to 1 tbsp of carrier Oil and massage into skin using a clockwise motion.

### RESPONSIBLE CAUTIONS

- May cause irritation in those with highly sensitive skin.



## Essential Singles

## attributes

### PRODUCING ORGAN

Leaves and flowers

### EXTRACTION

Steam distillation

### COUNTRY OF ORIGIN

France

### PROPERTIES

Calming, sedative, anti-viral, anti-spasmodic, anti-inflammatory, stomachic, choleric



### QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

