

# Melissa

*Melissa officinalis* 5 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Leaf, top

**Extraction Method:** Steam distillation

**Aromatic Description:** Citrus, herbaceous

**Main Chemical Components:** Geranial, germacrene, neral,  $\beta$ -caryophyllene

## Melissa

*Melissa officinalis* 5 mL

Part Number: 30851813

Wholesale: \$147.50 CAD

Retail: \$196.67 CAD

PV: 106



## PRODUCT 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”). As one of our rarest and most expensive oils, Melissa has a variety of benefits and uses and is known for its calming fragrance. Melissa is used as a flavor in teas and ice cream as well as with some fish dishes. Diffuse to create a relaxing fragrance at home.

## USES

Cosmetic:

- Apply one drop to facial cleanser to promote clean skin.
- Apply to forehead, shoulders, or chest for a relaxing aroma.
- Add Melissa to daily moisturizer for a refreshed-looking appearance.
- Dilute with Fractionated Coconut Oil and apply to muscles before and after exercise.

Food:

- Add to herbal tea for a citrus-like flavor.

Household:

- Diffuse to create a relaxing fragrance at home.
- Add a few drops of Melissa to a spray bottle with water and use on household surfaces.

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of choice.

**Internal use:** Dilute one drop in 120 mL. of liquid.

**Topical use:** When used topically, dilute with carrier oil as needed for skin sensitivity. 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.