

Lime, Organic: USA Distilled Peel (*Citrus aurantifolia*)

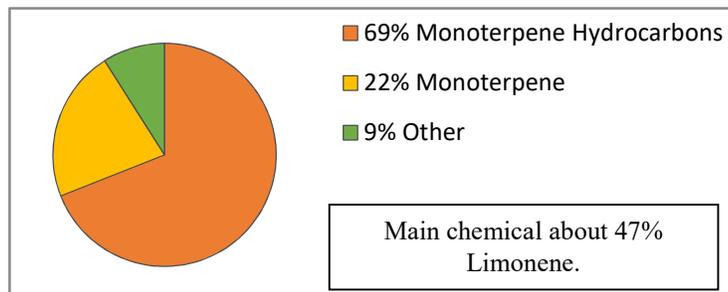
The Lime tree is native to Asia and became very popular in the 1800's, due to the high content of vitamin C. English sailors took Limes on long journeys to prevent scurvy and ate them so much; they were given the nickname of "Limeys."

The essential oil is quite similar to Lemon, with both having the same predominant chemical of Limonene and both being cold pressed from the rind. Generally Lemon and Lime are considered interchangeable in their therapeutic results however Lime oil is more phototoxic than Lemon so it is not recommended to be used on skin exposed to the sunlight.

Primary Usage: Stimulates the brain (clears thought, aids concentration), supports emotions (uplifting, apathy, anxiety, nervousness, stress, depression, grounding, listlessness, removes negativity), general tonic to assist detoxification and support the liver and kidneys, assists respiratory issues (chest congestion, infections, sinusitis, sore throats, fevers).

Secondary Usage: Treats digestive problems (stomach cramps, heartburn, indigestion, flatulence, intestinal parasites). Assists the lymphatic system (stimulates and purifies the glands), eases inflammation (arthritis, rheumatism), and helpful with obesity (cellulite).

Has been reported: Assists the immune system (stimulates red and white blood cell formation), treat infectious diseases, and helpful for cardiovascular disease.



Descriptor: Antibacterial, Antidepressant, Antiseptic, Alkalizing, Astringent, Alkalizing, Antitoxic, Antispasmodic, Disinfectant, Diuretic, Insecticide, Digestive, Lymphatic Stimulant, General Tonic

Application: Ingest, diffuse, or apply topically on location.

Caution: Phototoxic

Found In: At Peace, Breathe Ease Jr., Chakra, Citrus Passion, Citrus Blend, Elevate, Energize, Immune Jr., Serenity, Tranquility

Influences: Uplifting and improves concentration. Assists to open the solar plexus and heart charkas. Wonderful for cleaning and purifying the air.

Medicine Wheel: A Primary South and Secondary Center and North. Assists to regulate Qi.

Blends Well With: Basil, Citrus oils, Cedarwood, Citronella, Cinnamon Bark, Clary Sage, Clove Bud, Cypress, Eucalyptus, Fennel, Geranium, Ginger Root, Juniper Berry, Lavender, Neroli, Nutmeg, Palmarosa, Roman Chamomile, Rose, Rosemary, Sage, Sandalwood, Tea Tree, Vetiver, Ylang Ylang

Recipes: For a comfort blend add eight drops of Lime, and one drop each of Neroli or Vanilla. You can substitute five drops of Balsam of Peru for the Vanilla. Wear as a perfume to inhale or diffuse.

For mental fatigue add six drops Lime to three or drops of Peppermint. Diffuse or inhale.

Another comfort blend we like is adding eight drops each of Lime and Frankincense to two drops each of Patchouli and Sandalwood. Mix with one or two teaspoons carrier oil.