

## Melissa, Organically Grown: India (*Melissa officinalis*)

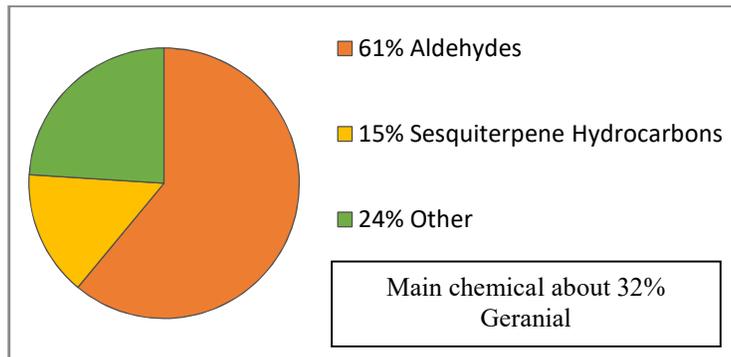
Originally from the Mediterranean region, Melissa now grows around the world. It takes over six thousand pounds of the plant to make one pound of the therapeutic oil. Because of this low yield, the cost of the oil is expensive and usually found adulterated in the retail market. Having Melissa cultivated by many smaller farms in countries where labor costs are low, assists to keep this oil pure and at a more reasonable price level.

In Greek the name means “honeybee” and planting of it around beehives was encouraged. In Hebrew its name meant “Chief of Oils”. Used medicinally for thousands of years, Melissa was also called “the elixir of life” and promoted general health. The high cost is due to the massive three tones of plant material required to create one pound of high quality steamed distilled oil.

**Primary Usages:** It has powerful anti-viral constituents (cold sores, strep throat, fevers, flu, herpes), assists muscles (inflammation, pain, spasms), beneficial for the lungs (coughs, bronchitis, asthma), and assists skin problems (acne, athletes foot, eczema, insects bites).

**Secondary Usages:** It is used for calming and soothing the nerves (depression, anxiety, insomnia, shock). Use a couple drops in water as a tonic to assist longevity, high blood pressure, correct digestive issues (nausea, flatulence, indigestion), and to assist painful menstrual cycles or infertility.

**Has Been Reported:** May assist to stop bleeding, reduce tumors, and assist the brain from headaches and vertigo.



**Descriptor:** Digestion, Decongestant, Anti-Inflammatory, Anti-Viral

**Application:** Apply a few drops on location or mix in carrier oil for a nice massage. Add a drop to water for a tonic.

**Caution:** Use low doses only. Possible drug interactions and skin sensitization.

**Found In:** Blend of Melissa, Mind-Alive

**Influences:** Sweet lemon like fragrance that is uplifting and balancing.

**Medicine Wheel:** Primary Center and Secondary South. Reduces liver heat and moves the Qi energy.

**Blends Well With:** Basil, Bergamot, Chamomile, Citronella, Frankincense, Geranium, Grapefruit, Lavender, Lemongrass, Lime, Rose, Rosemary, and Ylang Ylang.

**Recipes:** Melissa tea is soothing to the stomach after a meal. Adding one drop of oil with two drops of honey stirred into warm or hot water. A stress soothing blend is made by combining five drops Melissa, three drops Lavender, and two drops each of Geranium and Jasmine to a carrier oil for a massage. For a Herpes outbreak mix five parts each of Melissa and Tea Tree to one part each of Geranium and Lavender. Apply to the affected area undiluted three times a day. Once skin dries and tightens add the mixture to nine parts carrier oil and apply.