

## **LIME**

*Citrus aurantifolia*

Calypso calmer

<b>Source:</b>	West Indies
<b>Extraction:</b>	Cold expression of outer peel layer.
<b>Blending Factor:</b>	3
<b>Odour Note:</b>	Top

### **Characteristics:**

Lime is a pale yellow to olive green liquid with intense, characteristic, rich, sweet, fresh citrus peel fragrance.

### **Safety Precautions:**

This oil is nontoxic, non-irritating and non-sensitising. Photo-sensitising therefore it can increase the burning effect of the sun and UV light. Avoid use, in massage or bath, prior to sun or solarium exposure.

### **History:**

Native to southern India, introduced to Asia by the Moors then brought to the Americas by Spanish and Portuguese explorers. It is now naturalised in many tropical and sub-tropical areas of the world. In the Ayurvedic and folk medicine of India and the Near East it is used in a similar manner to Lemon.

### **Therapeutic Actions:**

Emotionally uplifting, stress relieving, reviving, refreshing, calming, soothing, and anti-depressant.

### **Enhances:**

Vitality, positive energy, clarity, decisiveness, fun, laughter, inspiration, appetite for life

### **Reduces:**

Stress, depression, colds and flu, nervous exhaustion, fatigue, self doubt, heaviness, and apathy.

### **Uses:**

**Lymphatic system:** Fluid retention, cellulite

**Immune system:** Chronic fatigue syndrome

**Respiratory system:** Colds, flu, asthma, bronchitis, catarrh

**Nervous system :** Nervous exhaustion, debility, apathy, anxiety, stress

**Cardiovascular system:** Poor circulation, high Blood pressure, nose bleed

**Skin:** Acne, oily skin, brittle nails, insect bites.

### **Methods for use:**

#### **Massage**

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

## Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

## Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

## Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

## Blends well with:

Other citrus oils, Cedarwood, Clary Sage, Geranium, Lavender, Neroli, Palmarosa, Petitgrain, Rose, Rosemary, Rosewood, Vetiver. Ylang Ylang

<b>Invigorating Blend for Men</b>		<b>Uplifting</b>		<b>Refreshing Spray</b>	
Lime	3	Lime	2	Lime	5
Mandarin	3	Bergamot	2	Grapefruit	5
Cedarwood	4	Rosemary	1	Geranium	5
Total drops	10	Total drops	5	Dispersant	5 ml
In Carrier Oil	20 ml	In Carrier Oil	10 ml	Pure Water	100 ml
		Vaporiser			