

# Lime

## *Citrus Aurantifolia Essential Oil*

Lime has a wonderful taste and aroma, and can help lift depression and lighten your mood. Lime provides cleansing benefits when taken internally or used topically. This essential oil is a great oil for the skin, air, and surfaces.

Size: 15ml Price: \$11.70

Size: 5ml Price: \$5.99

APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

### Primary Benefits

Add to water to cleanse and detoxify, add to carrier oil to help with painful muscles and joints as well as cellulite, supports healthy immune function, diffuse to cleanse the air and uplift mood, promote emotional balance and well-being.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Internal use:** Dilute one drop in 4 fl. oz. of liquid

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Citrus, sharp, tart, sweet

### Collection Method

Cold Pressed/Expression

### Plant Part

Lime rind (peel)

### Main Constituents

Limonene, B-pinene, y-terpinene

### Description

Commonly used to flavor ginger ale and cola drinks, Lime essential oil is cold pressed from the peel of fresh limes. This essential oil, like Lemon, is very refreshing and uplifting and can also be used in beverages and entrees. Lime is beneficial to the immune system, easing infection in the respiratory tract, and relieving pain in muscles and joints. Lime can be added to water to provide internal cleansing benefits and can be diffused to purify the air. It can be used to cleanse surfaces in your home as well as uplift and energize. Lime oil can stimulate and refresh a tired mind and helps with depression.

### Uses

- Diffuse three to four drops to cleanse the air and uplift mood
- Diffuse to energize a tired mind
- Dilute in a bath to help with painful muscles and joints
- Remove stickers, marker markings, and grease spots with Lime
- Add a drop to your water to detoxify and cleanse
- Add to base cream to help fight cellulite

### Properties

Antiseptic, Astringent, Bactericidal, Disinfectant, Haemostatic, Restorative and Tonic

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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