QUICK REFERENCE SHEET

LIME

Citrus aurantifolia

Plant Family: Rutaceae

Extraction Method: Cold Pressed

Part Utilized: Fruit

Region of Origin:

Mexico

INGREDIENT IN:

LeAmbition, LeIntention, LeLiteN, LeMint Splash, LeStimulate, LeTomorrow, LeTurmoil, LeWeightless

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Lime essential oil is a perfect choice for the very weary—those who are so weary of trials and troubles that they feel far older than their years on earth would indicate. The lively fragrance of Lime is stimulating and refreshing. It can help one overcome exhaustion, depression, apathy, and listlessness. Good oil for improving memory and concentration.

PHYSICAL ASPECTS:

Lime essential oil is said to soothe broken capillaries, stimulate the muscles around the eyes, brighten a pale, dull complexion by removing dead skin cells, and is capable of tightening skin and connective tissue. Lime is a good oil for digestive difficulties, particularly gallstones and gallbladder inflammation. This oil is recommended for liver deficiencies and liver cleansing in infants and children. Lime stimulates the immune system to increase production of leukocytes that aid in fighting infections. Lime oil is also used to stabilize blood pressure fluctuations.

GENERAL INFORMATION:

Lime oil works extremely well in removing gum, wood stain, oil, and grease spots from clothing.

AFFINITY FOR:

digestive problems, respiratory problems, immune function, lymphatic system, liver and gallbladder meridians, solar plexus chakra

THERAPEUTIC PROPERTIES:

antibacterial, antiseptic, antiviral, restorative, tonic

AROMATIC CONSIDERATIONS:

Beautiful, fresh, and refreshing fragrance. A favorite for diffusing.

APPLICATION:

Lime is a delightful addition to baths, body lotions, and deodorants. LeIntention, with a large percentage of Lime, is a very nice massage oil.

CAUTIONS:

Photo-toxic. Avoid sunlight or UV radiation on skin where Lime has been applied.

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