

QUICK REFERENCE SHEET

MELISSA PURE

Melissa officinalis



Plant Family:
Labiatae



Extraction Method:
Steam Distilled



Part Utilized:
Flowers



**Region of
Origin:**
Bulgaria

AFFINITY FOR:

immune system, respiratory system, reproductive system, cardiovascular system, yang energy, brow chakra, wood element, fire element

THERAPEUTIC PROPERTIES:

antiseptic, antibiotic, antiviral, sedative, calmative, antidepressant, stimulant

AROMATIC CONSIDERATIONS:

Melissa essential oil has a delicate lemony scent. It is both calming and uplifting to the spirit.

APPLICATION:

Melissa can be applied, diluted, to the feet or any area of the body.

INGREDIENT IN:

LeDiminish, LeStefanie

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Melissa essential oil has a youthful, revitalizing effect on the body and spirit. It opens our ability to see and understand truth. The aroma of Melissa oil helps us receive insights for living our daily lives. It promotes feelings of compassion and love for life.

Melissa is beneficial to emotionally sensitive individuals who do not respond well to pressure or who are easily upset, almost traumatized, by the slightest confrontation. They spend their strength trying to hold in their feelings to prevent or end an argument rather than risk expressing feelings of anger or hurt. This continual repression of fear or anger eventually leads to depression. Melissa essential oil can be helpful anywhere along this soul-destroying path.

PHYSICAL ASPECTS:

Melissa essential oil has been proven to have powerful antiviral properties. It is considered to be one of the most powerful antiseptic and medicinal essential oils. Studies conducted in Germany indicate that it is useful against various strains of flu virus, smallpox, and mumps. The University of Munich reports a complete remission of herpes simplex lesions (cold sores and impetigo) from the use of Melissa oil.

Melissa oil is used for hypertension, palpitations, shock, and conditions where the heart is overstimulated. Melissa is excellent in the treatment of allergies, asthma, bronchitis, chronic coughs, colds, and cold-sore blisters. Melissa is recommended for sterility in women.

GENERAL INFORMATION:

Melissa Pure is the first distillation of the oil. It is the purest, and most therapeutic of the Mellissas. It is also by far the most expensive. Melissa Rectified is Melissa oil that has been redistilled and mixed with the first distillation. This enables an oil such as Melissa to be produced less expensively so that people will be able to afford to use it. These oils often have amazing healing properties, although the first distillation is always better. Melissa Blend is a blend of pure essential oils put together to simulate the healing properties of Melissa oil. It is a much less expensive option and we are very impressed with this blend, though Melissa Pure is, of course, more therapeutic.