

Lemon Balm (Melissa)

MELISSA OFFICINALIS

Lemon Balm essential oil helps to boost a positive mood and is often used in teas and taken internally to reduce tense feelings, promote relaxation, and calm feelings of nervousness.

COUNTRY OF ORIGIN

Bulgaria

EXTRACTION METHOD

Steam Distillation

PLANT PART

Leaves and Flower Tops

BOTANICAL FAMILY

Lamiaceae

CHEMICAL FAMILY

Aldehydes, Sesquiterpenes, Oxides, Alcohols, Ketones, Monoterpenes

AROMA

Fresh, Herbaceous, Lemony

NOTE

Middle-Top

SAFETY

- Possible skin sensitivity.
- Keep out of reach of children.
- If you are pregnant, nursing, or under a doctor's care, consult your physician.
- Avoid contact with eyes, inner ears, and sensitive areas.

Non-toxic, generally non-irritating.

THERAPEUTIC PROPERTIES

Lemon Balm has a delicate, lemony scent that is unique among essential oils which provides support to the mind and spirit. It is calming and uplifting and is known to help balance the emotions.

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| ANTIMICROBIAL | ANTIDEPRESSANT | ANTIVIRAL |
| SEDATIVE | ANTISPASMODIC | NERVINE |
| HYPOTENSIVE | TONIC | ANTIBACTERIAL |
| ANTIHISTAMINE | UTERINE | |
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BODY SYSTEMS

CIRCULATORY

HIGH BLOOD PRESSURE & PALPITATIONS

DIGESTIVE

DYSENTERY AND INDIGESTION

ENDOCRINE

EMOTIONAL BALANCE

INTEGUMENTARY

COLD SORES AND FEVER BLISTERS

LIMBIC

DEPRESSION, ANXIETY, AND SHOCK



BODY SYSTEMS (CONT.)

URINARY

BLADDER, KIDNEY INFECTION & STONES

IMMUNE

COLDS, FEVER, FLU

NERVOUS

VERTIGO

RESPIRATORY

VIRAL INFECTIONS

REPRODUCTIVE

INFERTILITY, STERILITY AND MENSTRUAL ISSUES

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