

# Lime

CITRUS AURANTIIFOLIA

Lime has a crisp, refreshing citrus scent with uplifting and revitalizing properties that help with depression. It acts as an astringent on the skin and helps clear oily skin. Lime cools fevers due to colds and flu, eases coughs and strengthens the immune system as well as treats bronchitis, asthma, and sinusitis. Lime oil is also helpful for arthritis, rheumatism, poor circulation, and in eliminating cellulite and obesity.

## COUNTRY OF ORIGIN

Mexico

## EXTRACTION METHOD

Cold Pressed

## PLANT PART

Peel

## BOTANICAL FAMILY

Rutaceae

## CHEMICAL FAMILY

Limonene: 63-70%

## AROMA

Fresh, Sweet, Tarty, and Citrusy

## NOTE

Top

## SAFETY

- Lime is considered phototoxic; users should avoid direct sunlight after application.

## THERAPEUTIC PROPERTIES

ANTI-ANXIETY	ANTIDEPRESSANT	ANTIFUNGAL
ANTI-INFECTIOUS	ANTI-INFLAMMATORY	ANTIMICROBIAL
ANTI-SCORBUTIC	ANTISEPTIC	ANTISPASMODIC
ANTIVIRAL	ASTRINGENT	APERITIF
BACTERICIDAL	COOLING	DISINFECTANT
DIURETIC	FEBRIFUGE	HAEMOSTATIC
IMMUNOSTIMULANT	LYMPHATIC SUPPORT	RESTORATIVE
STIMULANT	TONIC	

## BODY SYSTEMS

DIGESTIVE

DIGESTIVE AID

ENDOCRINE

EMOTIONAL BALANCE

IMMUNE

COLDS/FLU, FEVER

LIMBIC

EQUILIBRIUM & MENTAL FATIGUE



## BODY SYSTEMS CONTINUED

MUSCULAR

ARTHRITIS(RHEUMATOID)

RESPIRATORY

ASTHMA

### REFERENCES:

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3. THE ESSENTIAL LIFE, A SIMPLE GUIDE TO LIVING THE WELLNESS LIFESTYLE, 2015, TOTAL WELLNESS PUBLISHING, LLC
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5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS