



Name	Latin Name	Origin
Lime	Citrus aurantiifolia	Mexico
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$12	
Part of plant	Safety note	Conservation Status
Fruit peel	<ul style="list-style-type: none"> <li>• It is considered best to buy citrus oils that are from organically grown fruit as citrus trees can be heavily sprayed with pesticides.</li> <li>• While this lime is distilled and isn't phototoxic, cold-pressed lime is considered phototoxic.</li> </ul>	<p>No status of concern</p> <p>Not listed with a conservation status.</p>

Profile	Therapeutic Properties
<ul style="list-style-type: none"> <li>• Monoterpene rich</li> </ul>	<ul style="list-style-type: none"> <li>• Antidepressant</li> <li>• Antioxidants</li> <li>• Anti-inflammatories</li> <li>• Antiviral</li> <li>• Astringent</li> <li>• Cool a fever and support the immune system</li> <li>• Skin tonic and has a refreshing action of lackluster skin</li> <li>• Effective and natural surface cleaner</li> <li>• Emotionally, lime essential oil refreshes and uplifts. It may help ease situational anxiety and depression. This essential oil brings sunshine and light to the mind, body, and spirit.</li> </ul>

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.</p> <p>1st component synergy d-Limonene (analgesic, antihypotensive, anti-inflammatory, antinociceptive, antiobesity, antioxidant, antitumoral, anxiolytic, hepatoprotective, immunostimulant, skin penetration enhancer, stimulant of autophagy, vasorelaxant).</p> <p>1st essential oil synergy combinations bitter orange, lemon, grapefruit, mandarin, sweet orange, yuzu .</p> <p>2nd essential oil synergy combinations</p>	

angelica root, bergamot, black pepper, caraway seed, combava peel, elemi, juniperberry, neroli, palo santo, spearmint .

#### 2nd component synergy

1,8-Cineole,  $\alpha$ -terpineol,  $\beta$ -terpinene, terpinolene (analgesic, antibacterial, antifungal, anti-inflammatory, antinociceptive, antioxidant - LDL, antispasmodic, antiviral, cognitive performance enhancer, gastroprotective, colon-protective, cooling, gastroprotective, neuroprotective, pediculocidal, relaxant, sedative, vasorelaxant, wound healing) .

#### 1st essential oil synergy combinations

cajuput, E. radiata, fragonia, galangal, ho leaf, niaouli, rosalina, rosemary, sugandha, sweet marjoram, thyme ct borneol, .

#### 2nd essential oil synergy combinations

coriander seed, nutmeg, plai, tea tree, Thymus serpyllum, T. zygis, bergamot.

#### Potential psychological therapeutic solutions

Anxiety: bergamot, black pepper, coriander seed, frankincense, frangipani, ginger, grapefruit, labdanum, linden blossom, mandarin, neroli, patchouli, sandalwood, sweet orange, vetiver, ylang ylang, yuzu  
Cognitive enhancement: black pine, coriander seed, frankincense, hinoki, lemon, plai, rosemary, rosewood  
Stress, mental fatigue: balsam fir, basil CT linalool, bay laurel, bitter orange, black spruce, combava peel, coriander seed, Douglas-fir, dwarf pine, fennel, frankincense, ginger, grapefruit, hemlock, ho leaf, juniperberry, lemon, nagarmotha, palo santo, petitgrain bigarade, rosemary, Scots pine, Siberian fir, spike lavender, vetiver.

#### Potential physical therapeutic solutions

Anxiety: bergamot, black pepper, coriander seed, frankincense, frangipani, ginger, grapefruit, labdanum, linden blossom, mandarin, neroli, patchouli, sandalwood, sweet orange, vetiver, ylang ylang, yuzu  
Cognitive enhancement: black pine, coriander seed, frankincense, hinoki, lemon, plai, rosemary, rosewood  
Stress, mental fatigue: balsam fir, basil CT linalool, bay laurel, bitter orange, black spruce, combava peel, coriander seed, Douglas-fir, dwarf pine, fennel, frankincense, ginger, grapefruit, hemlock, ho leaf, juniperberry, lemon, nagarmotha, palo santo, petitgrain bigarade, rosemary, Scots pine, Siberian fir, spike lavender, vetiver

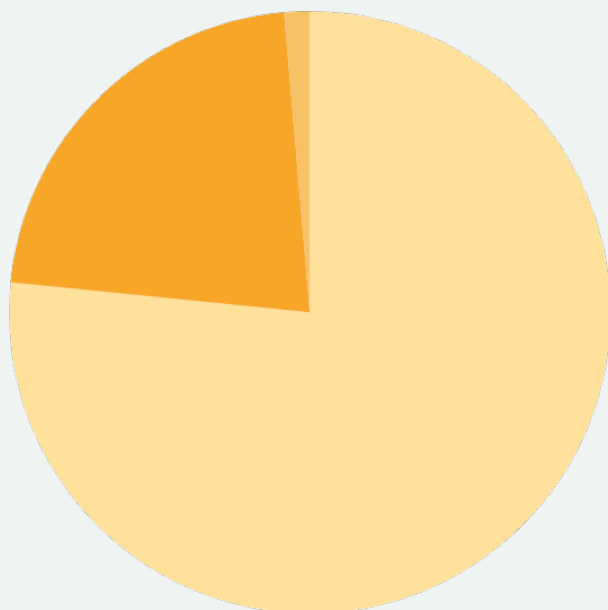
#### References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon  
Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Scent Notes	Psychological rankings	Physical rankings	
Top	Energising	3 Digestive	3
		Immune/Infection	2

**Ingredient notes**

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**Chemical families**

monoterpenes	67.4%
monoterpenols	19.4%
sesquiterpenes	1.2%

**Complete chemical breakdown**

**monoterpenes**

limonene	50.2%
terpinolene	7.2%
$\alpha$ -terpinene	4.7%
b-pinene	2.4%
$\alpha$ -pinene	1.4%
p-cymene	1%
camphene	0.5%

**sesquiterpenes**

b-bisabolene	1.2%
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**monoterpenols**

g-terpinene	10.6%
$\alpha$ -terpineol	5.6%
terpinen-4-ol	1.6%
fenchol	0.9%
cis-b-terpineol	0.7%