



Name	Latin Name	Origin
Melissa	Melissa Officinalis	Bulgaria
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$180	
Part of plant	Safety note	Conservation Status
Leaves and flowering tops	Non-toxic, but may cause skin irritation in those with sensitive skin. Use in low dilution (0.9%) when applying to the skin, such as in baths or massage oils. Avoid using on children under 2 years. May interfere with diabetes medication when taken internally. Tisserand suggests the use be restricted to 0.5% maximum on the skin during pregnancy due to citral which could affect fetal development in high topical doses.	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> <li>• Sesquiterpene rich</li> </ul>	<ul style="list-style-type: none"> <li>• Anti-inflammatory</li> <li>• Antioxidant</li> <li>• Antibacterial</li> <li>• Antiviral</li> <li>• Antispasmodic</li> <li>• Antifungal</li> <li>• Antimicrobial</li> <li>• Antiviral</li> <li>• Skin healing</li> <li>• Tonic</li> <li>• Lovely choice in facial toners for acne management and general skin rejuvenation.</li> <li>• Sleep support.</li> <li>• Emotionally and energetically, Melissa essential oil uplifts and refreshes. It is calming and rejuvenating, especially during times of emotional fatigue.</li> </ul>

Synergy	Energetics	
Scent Notes	Psychological rankings	Physical rankings
Middle	Meditative	2 Digestive 2
	Balancing	2 Immune/Infection 2

Calming

2 Muscular/Skeletal

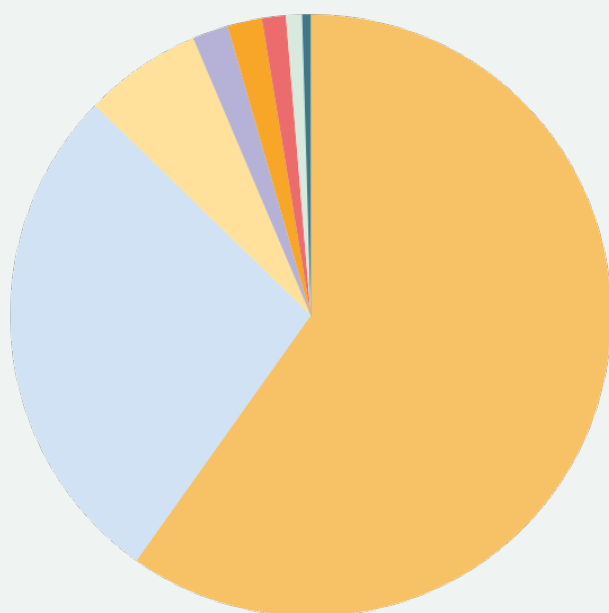
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Neurological

1

Ingredient notes

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**Chemical families**

sesquiterpenes	57.4%
aldehydes	26.3%
monoterpenes	6.08%
esters	1.85%
monoterpenols	1.78%
sesquiterpenols	1.23%
ketones	0.83%
oxides	0.44%

**Complete chemical breakdown**

**sesquiterpenes**

b-caryophyllene	24.76%
germacrene d	20.18%
curzerene	2.74%
α-humulene	2.15%
α-coplanene	1.59%
bicyclogermacrene	1.04%
α-muurolene	0.99%
β-elemene	0.7%
γ-cadinene	0.65%
(e)-β-farnesene	0.59%
β-1-cubebene	0.56%
β-bourbonene	0.35%

**aldehydes**

geranial	13.23%
neral	9.63%
citronellal	2.49%
photocitral b	0.56%
isoneral	0.21%
photocitral a	0.18%

e-cadinene	0.29%
t-cadinol	0.25%
b-cubenene	0.24%
$\alpha$ -amorphene	0.21%
zonarene	0.11%

## monoterpenes

trans-b-ocimene	5.39%
cis-b-ocimene	0.54%
b-myrcene	0.15%

## monoterpenols

geraniol	1.01%
nerol	0.48%
citronellol	0.29%

## ketones

6-methyl-5-hepten-2-one	0.83%
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## esters

geranyl acetate	0.75%
methyl geranate	0.7%
methyl citronellate	0.4%

## sesquiterpenols

$\alpha$ -cadinol	0.56%
germacrene d-4-o1	0.37%
muurolol	0.3%

## oxides

caryophyllene epoxide	0.44%
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