

LIME ESSENTIAL OIL

Key Lime (*Citrus Aurantifolia*) is a citrus hybrid that is native to South East Asia but is grown in tropical and subtropical regions around the world. The Key Lime tree grows to around 5 metres high and produces a fruit that is yellow when completely ripe. The essential oil is extracted from the outer peel layer of the fruit by cold pressing. With its uplifting and reviving aroma the essential oil energises and promotes feelings of well-being and is ideal for diffusing into the air.

Botanical Name	<i>Citrus aurantifolia</i>
Plant Part	Outer peel layer
Actions	Uplifting, reviving, refreshing, calming, soothing,
May Help	Vitality, positive energy, clarity, stress, nervous exhaustion
Fragrance Note	Top
Blends with	Citrus oils, Geranium, Lavender, Neroli, Nutmeg, Rose, Rosemary, Vetiver, Ylang Ylang



Suggestions for use:

RELAX AND SOOTHE BLEND	
Lime	4
Bergamot	3
Grapefruit	3
Cedarwood	2
In a Vaporiser	

UPLIFTING BLEND	
Lime	3
Bergamot	3
Eucalyptus	2
Rosemary	1
Peppermint	1
In a Vaporiser	

*Quantity shown refers to number of drops of essential oils

Cautions

Photo-sensitising - increases the burning effect of the sun and UV light. Avoid use, in massage or bath, prior to sun or UV exposure. Do not use on the skin in concentrations higher than 1%.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.