

# LIME

## Product Summary

Lime is believed to be native of eastern Malaysia and was introduced to the West Indies by Columbus during his second voyage. Lime has historically been used as a digestive aid, along with having many other traditional uses. Today lime is best known throughout the world for its intense and potent aroma and flavour with a multitude of uses in many applications.

Lime essential oil has an invigorating and stimulating effect on the mind and body. When applied to the skin, lime oil may also provide antioxidant support and may promote healthy skin.

## Primary Benefits

- Invigorates the mind and body
- Delivers antioxidants to the skin, which may reduce dark spots due to aging.
- Acts as an insect deterrent.

## Who Should Use Lime Essential Oil?

- Those looking for improved antioxidant support for healthy skin.
- Those looking for a lift in mental alertness.



## Suggested Use

- Topical: Dilute with V-6 Vegetable Oil Complex and apply topically as desired.
- Aromatic: Diffuse up to 30 minutes 3 times daily or inhale directly for an invigorating aromatherapy experience.

## Ingredients

Citrus latifolia peel oil

## Cautions

- Keep out of reach of children.
- If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.
- Avoid using on areas of the skin that are frequently exposed to prolonged sunlight or UV rays. Avoid direct sunlight or UV rays for up to 24 hours after applying to skin.

## Did You Know?

- The leaves and fruit of limes have many traditional uses, some of which are linked with the belief that limes drive away evil spirits.
- The lime leaf is used in Cuba as a mouthwash and gargle.
- Inhaling lime essential oil may help calm nausea associated with motion.

## Complementary Products

- Lemon Essential Oil
- Citrus Fresh Essential Oil Blend

## Key Scientific Studies

- Francis K. Citrus aurantifolia (Christm.) Swingle. U.S. Department of Agriculture. [www.fs.fed.us/global/iitf/pdf/shrubs/Citrus%20aurantifolia.pdf](http://www.fs.fed.us/global/iitf/pdf/shrubs/Citrus%20aurantifolia.pdf).
- Apraj V, Thakur N, Bhagwat A, Mallya R, Sawant L, Pandita N. Pharmacognostic and Phytochemical Evaluation of Citrus aurantifolia (Christm) Swingle PEEL. Pharmacognosy Journal, 2011, 3(26):70–76.
- Tiedtke J, Kiefer S, Weibel M, Smits J, Juch M, Herbst N. Natural Ingredients: Citroflavonoid Anti-ageing Complex Fades Age Spots and Gives Skin Tone a Youthful Citrus Boost. Cosmetic Science Technology, 2011.

## Product Information

Lime Essential Oil—15 ml  
Item No. 307408 307410

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