

# Lime (Brazil) Essential Oil



## **Main Constituents:**

**Limonene:** 62.57%

**Botanical Name:** Citrus latifolia Tanaka

**Plant Part:** Fruit Peel

**Extraction Method:** Cold Pressed

**Origin:** Brazil

**Description:** Lime is a small evergreen tree that produces a small, bitter fruit very similar to Lemon. The fruits themselves are green in color with a green fleshy interior.

**Color:** Pale yellow to yellowish green liquid.

**Common Uses:** Lime (Brazil) Essential Oil has a crisp, refreshing citrus scent that has been used by aromatherapists for its uplifting and revitalizing properties. It can also act as an astringent on skin where it is reputed to help clear oily skin.

**Consistency:** Thin

**Note:** Top

**Strength of Aroma:** Medium

## **Blends well**

**with:** Bergamot, Cedarwood, Geranium, Grapefruit, Lavender, Lemon, Mandarin, Neroli, Nutmeg, Orange, Palmarosa, Petitgrain, Rose, Rosemary, Rosewood, Vetiver and Ylang-ylang.

**Aromatic Scent:** Lime (Brazil) Essential Oil has a crisp, sweet, fresh smell characteristic of citrus products.

**History:** Lime has been used historically to prevent sailors long at sea from developing scurvy.

**Cautions:** Lime (Brazil) Essential Oil is considered phototoxic. Users should avoid direct sunlight after application. Avoid use during pregnancy.

**IMPORTANT:** All of our products are for external use only.

In addition, please read & understand appropriate technical, material safety data sheets and disclaimers before using this or any other Rasheed product.

The health benefits of Lime Essential Oil can be attributed to its properties as an antiseptic, antiviral, astringent, aperitif, bactericidal, disinfectant, febrifuge, haemostatic, restorative and tonic substance.

The essential oil of lime is extracted by cold compression of fresh lime peels or by steam distillation of its dried peels. The scientific name of lime is *Citrus Aurantifolia*. The essential oil of lime is composed of compounds like Alpha Pinene, Beta Pinene, Myrcene, Limonene, Terpinolene, Cineole, Linalool, Borneol, Citral, Neral Acetate and Geranyl Acetate. They are very well known across the world and are extensively used in pickles, jams, marmalades, sauces, squash, sorbets, desserts, beverages, cosmetics and a number of other industrial products.

Limes, like lemons, are full of antioxidants and other beneficial nutrients, as is its essential oil. Let's explore the more specific health benefits that lime essential oil can provide for us.

### Health Benefits of Lime Essential Oil

**Antiseptic:** Lime essential oil can cure infections, protect against their development, and also contains antiseptic properties. More specifically, it can prevent tetanus if you are wounded by something made of iron. When externally applied, lime oil can cure infections on the skin and in wounds. When consumed, it effectively helps to cure infections of the throat, mouth, colon, stomach, intestines and urinary system. It is miraculously effective in curing sores, gangrene, psoriasis, ulcers, rashes, carbuncles and other similar problems. It can even cure viral infections of the respiratory system, thus benefiting in the treatment of bronchitis. It is effective in fighting other viral infections such as flu, mumps, coughs, colds, and measles.

**Antiviral:** This essential oil helps to fight and protect against viral infections which may cause the common cold, mumps, measles, pox and other similar diseases.

**Astringent:** Being an astringent, lime essential oil helps to cure toothaches, strengthen the grip of gums on the teeth and protect them from falling out. It also tightens loose muscles and gives a feeling of firmness, fitness and youth. This property can also be used to cure diarrhea. The final important benefit of astringents are their ability to stop hemorrhaging by contracting blood vessels.

**Aperitif:** The very smell of lime oil makes the mouth water. In small doses, it serves as an appetizer or an aperitif. It also activates the secretion of digestive juices into the stomach before you even starts eating and increases your hunger and appetite.

**Bactericidal:** Lime essential oil is a good bactericide. It can be used in the treatment of food poisoning, diarrhea, typhoid, and cholera, all of which are caused by bacteria. Furthermore, it can cure internal bacterial infections like those in the colon, stomach, intestines and urinary tract as well as external infections on the skin, ears, eyes, and in wounds.

**Disinfectant:** Lime oil is also known for its disinfectant properties. Added to food, it protects them from getting spoiled through infection by microbes. When consumed, it can cure microbial infection in the colon, urinary tract, kidneys, and genitals. When applied externally, it protects the skin and wounds from infections and helps them to heal quickly. It can also be used in a diluted state for applying on the scalp. This will protect hair from various infections like lice, and also strengthen it so it won't fall out prematurely.

**Febrifuge:** Fever is just a symptom that shows the immune system of our body is fighting against infections or various unwanted substances. Thus, fever almost always accompanies infections, such as colds, viral infections, bacterial infections and infections on wounds, liver malfunctions, pox, boils, allergies and arthritis. Lime essential oil, since it is an antiallergenic, antimicrobial, anti-inflammatory, antitussive, cicatrisant, fungicidal and antiseptic substance, can help cure the cause of fever and eventually reduce the fever, thereby acting as a febrifuge.

**Haemostatic:** An agent that can stop bleeding, either by promoting the coagulation of blood or by means of contracting the blood vessels, is considered a hemostatic. Lime oil is a hemostatic, by virtue of its astringent properties, which help to reduce hemorrhaging by contracting the blood vessels.

**Restorative:** This oil serves as a restorative by restoring health and strength to organ systems throughout the body. This is quite similar to the effect of a tonic, and is very good for those who are recovering after extended bouts of illness or injury.

**Tonic:** Lime essential oil tones up muscles, tissues and skin as well as the various systems that function in the body, including the respiratory, circulatory, nervous, digestive and excretory systems. This tonic effect helps retain youth for a long time and prevents the appearance of aging symptoms like hair loss, wrinkles, age spots, and muscle weakness.

### **Other Benefits**

Apart from having the medicinal properties discussed above, it is an antidepressant and antiarthritic substance. It can reduce pain in the muscles and joints and is a very good antioxidant.

### **A Few Words of Caution**

In very rare cases, this oil can cause photosensitivity if exposed to strong sun directly after application.

### **Blending**

Lime essential oil blends well with the essential oils of Clary Sage, Lavender, Neroli and Ylang-Ylang oils.