

*The Mystic Owl Apothecary*  
*Essential Oil Profile Sheet*

**Lime Essential Oil**

Botanical Name: Citrus aurantifolia

Plant Part: Fruit Peel

Processing Method: Cold Pressed

Origin: Italy

Color: Light Green With a Hint of Orange/Yellow

Consistency: Thin

Note: Top

Strength of Aroma: Medium

Aromatic Scent: Extremely aromatic, fruity, rich, more sweet than tart, like zest of fresh Lime peel.

Blends well with: Angelica, Bergamot and other Citrus oils, Carrot Seed, Citronella, Clary Sage, Geranium, Ginger, Juniper, Lavandin, Lavender, Lemongrass, Neroli, Nutmeg, Palmarosa, Petitgrain, Rose, Rosemary, Vanilla, Verbena, Violet Leaf, Ylang Ylang.

Common Uses:

Acne, asthma, chilblains, colds, dull skin, flu, varicose veins, hair loss, wrinkles, age spots, and muscle weakness. Lime is an antidepressant and antiarthritic, antiseptic, antiviral, astringent, aperitif (Appetizer), bactericidal, disinfectant, febrifuge (Fever), hemostatic (Promotes coagulation),

Cautions:

Cold pressed Lime Essential Oil is phototoxic. Tisserand and Young recommend a dermal maximum of 0.7% for the cold pressed oil to avoid the risk of a phototoxic reaction.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

