

## *Lime*

*Sweet, green, lively,  
unique, and tangy*



***The fruit is often used indiscriminately in place of lemon with which it shares many qualities. It is used for similar purposes including fever, infections, sore throat, colds, etc. In the past was used as a remedy for dyspepsia with glycerin of pepsin.***

***The fragrance stimulates, cheers and refreshes tired bodies plagued by exhaustion, depression, and listlessness. Ylang-Ylang, vanilla bring out the essential oil's sensual side. Perfumes containing lime oil have a refreshing, interesting note. Lime is antiseptic and helps fight infections and protects the body from viruses. Lime oil is a standard ingredient in avocado skin cream from Mexico. It may be used as a diuretic. Lime helps reduce flatulence.***

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***BOTANICAL  
NAME:*** *Citrus aurantifolia*

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***FAMILY:*** *Rutaceae - rue family*

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***DESCRIPTION:*** *Lime essential oil is often used indiscriminately in place of lemon with which it shares many qualities. A small evergreen tree up to 4.5m (15ft) high, with stiff sharp spines, smooth ovate leaves and small white flowers. The bitter fruit is a pale green colour, about half the size of a lemon.*

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<b>SOURCED:</b>	<b>Mexico</b>
<b>EXTRACTION:</b>	<b>Steam Distillation</b>
<b>COLOR:</b>	<b>Pale Yellow or olive-green</b>
<b>GRADE:</b>	<b>Therapeutic</b>
<b>AROMA:</b>	<b>fresh, sweet, green, lively, unique and tangy</b>
<b>MEDICINAL PROPERTIES:</b>	<b>Combats Fever, Antiseptic, antiviral, tonic,</b>
<b>CIRCULATORY:</b>	<b>Cellulite, high blood pressure, nosebleeds, obesity (congestion), poor circulation</b>
<b>DIGESTIVE:</b>	<b>Flatulence, heartburn, nausea</b>
<b>MUSCULAR:</b>	<b>Arthritis, rheumatism</b>
<b>RESPIRATORY &amp; IMMUNE::</b>	<b>Asthma, bronchitis, catarrh, colds, flu, fever, most infections</b>
<b>SKIN CARE</b>	<b>Acne, anemia, brittle nails, boils, corns, cuts, greasy skin, herpes, insect bites, mouth ulcers, sports, warts</b>
<b>OTHER USES</b>	<b>Deodorant</b>
<b>SAFETY CAUTIONS:</b>	<b>Like all lemon oils, lime oil can also cause spots on the skin when exposed to sunlight</b>

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