

Melissa officinalis
MELISSA

The delicious scent of melissa can hardly fail to lift one's spirits. I have a bush by my front door so that whenever I go in or out of the house I can take a few leaves, crush them and enjoy the effects. It is this uplifting quality of melissa, or lemon balm, that I find most therapeutic. I use it as an anti-depressant oil, especially if a client needs soothing and boosting with a general tonic.

SCENT
Soft, lemon-like, herby

NOTE
 BASE MIDDLE TOP

EXPENSE RATING
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CAUTIONS
Possible skin irritation, so use low dilutions (1%). See page 16.



Main constituents: linalol, geraniol, citronellal, citral

THERAPEUTIC PROPERTIES

Refreshing and calming to mind and body, melissa can help those suffering from depression, anxiety, shock or bereavement. It was used in medieval "elixirs of youth" and according to Culpeper, "it causes the mind and heart to become merry...and driveth away all troublesome cares and thoughts". Cultivated in Europe and the U.S.A., the essential oil is frequently adulterated; ask your source for melissa "true" instead of melissa "type".

— **EMOTIONS & MIND** —

Calms, uplifts, revitalizes and restores emotional balance. Dilute well with a carrier oil and use to massage the whole body or add a few drops to bath water.

— **DIGESTIVE PROBLEMS** —

For digestive complaints that are accompanied by tension or anxiety, gently massage the abdomen with diluted melissa.

— **GYNAECOLOGICAL PROBLEMS** —

Thought to help regulate ovulation and menstruation, especially if irregularity is caused by emotional upset. Apply in a massage oil to the abdomen and lower back.

— **SKIN & BEAUTY** —

Antiseptic, anti-viral and anti-fungal. Relieves skin problems, including cold sores. Apply well diluted.

BACK MASSAGE



For a soothing effect, use melissa oil in a back massage (see pages 48–53).

OIL COMBINATIONS

Citrus oils



Rosemary

MELISSA combines with citrus oils to enhance its sedative qualities, and is balanced by the sharpness of rosemary and the luxurious aroma of rose.

MELISSA OIL is extracted from the leaves by steam distillation.