



DIFFUSION



TOPICAL



STEAM



INGEST



SENSITIVE

DILUTION TABLES

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5

PRODUCT DESCRIPTION

Lime oil was originally cultivated in Asia but later spread to all warm countries; North and South America, the West Indies and Italy are major producers of limes. Lime is an evergreen tree that grows up to a height of almost fifteen feet. It has green and smooth leaves with sharp spines and smaller white flowers. Limes are green and there are several varieties with most measuring about two inches in diameter.

Lime essential oil is a natural booster of the immune system. It is also a good oil to gently soothe away the tension.

PRIMARY BENEFITS AND SAMPLE USES

- » Repairs connective tissues
- » Relieves fatigue
- » Helpful for insect bites
- » Supports liver and the lymphatic system
- » Removes stains and is a good house cleaning agent
- » Gently soothes away the tension
- » Elevates mood and alertness

DIRECTIONS

Steam Inhalation: Add 2-3 drops to a cup of steaming water and inhale.

Diffusion: Diffuse 3-5 drops or more in the Purely diffuser.

Topical: Dilute 1-2 drops with a Purely carrier oil before use according to the dilution table shown. Be sure to test for sensitivity. Avoid sun and UV exposure for at least 12 hours after topical applications.

Ingestion: When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

PRECAUTION

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat. Avoid sun and UV exposure for at least 12 hours after topical applications.

BLENDS WELL WITH

Lavender, Lemon, Frankincense, Clary Sage, Wild Orange, Rosemary, Vetiver and Ylang Ylang

COUNTRY OF ORIGIN Mexico

EXTRACTION METHOD Cold pressed

SKU# 1036
retail: \$12

WALK THE LIME™

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent diseases.*



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