

Melissa (Lemon Balm) Essential Oil

Botanical Name

Melissa officinalis

Strength of Initial Aroma

Mild

Aromatic Description

Sweet lemony floral aroma

Blends Well With

Most other essential oils, lends a softer freshness similar to lemon essential oil.

Melissa Essential Oil Uses

- Analgesic
- Antispasmodic aids in digestive and respiratory complaints
- Antiviral
- Antidepressant
- Antiseptic
- Bactericidal
- Carminative
- Cordial
- Diaphoretic

- Febrifuge
- Hypotensive
- Insect Repellent
- Calming and uplifting helps soothe anxiety
- Balances emotions and promotes a positive outlook.
- Sleep aid
- Relieves headaches.
- Relaxes muscles during massage
- Beneficial to female reproductive health

Sources: www.perfectpotion.com.au Salvitore Battaglia 2019 Melissa EO
Monograph

Melissa Essential Oil Safety Information

Melissa is non-toxic. However, care must be taken as the oil is a possible sensitizer and dermal irritant.²⁷ Melissa oil is one of the most frequently adulterated essential oils. No contraindications known.

Can be sensitizing do not recommend it in a bath.

As cited per www.perfectpotion.com.au Salvitore Battaglia 2019 Melissa EO
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May affect thyroid. Avoid if you have thyroid disease.

Source: www.healthline.com

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.