



Melissa

Melissa Officinalis Essential Oil

When diffused, Fennel essential oil can boost your resolve and courage. Fennel is often used to aid digestion and respiratory function as well as clearing oily skin and fighting wrinkles.

Size: 15ml

Size: 5ml

APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

Primary Benefits

Positively effects mood and calms tension and nervousness, sedative effect, aids in supporting a healthy immune system, easing headaches and combating nausea, promotes feelings of peace and relaxation.

Directions for Use

Diffusion: Use three to four drops in a diffuser

Internal use: Dilute one drop in 4 fl. oz. of liquid

Topical use: Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

Aromatic Description

Citrus, sweet, fresh

Collection Method

Steam Distillation

Plant Part

Leaf, Top

Main Constituents

Germinal, germacrene, neral, B-caryophyllene

Description

Melissa oil calms the nerves and has excellent qualities in fighting depression. Melissa has a sweet, citrus like aroma and is one of the most rare and expensive oils because of its wide range of health benefits and uses. Melissa has a strong effect on mood by helping to uplift as well as calm feelings of anxiety, tension, and stress. It is also a tonic to the heart while regulating the menstrual cycle, also helping with period pains. Diffusing Melissa at night can promote a restful sleep and emotional well being. Melissa can also be taken internally to aid in a healthy immune system and settle the digestive system.

Uses

- Use topically in early stages for treatment of cold sores
- Diffuse at night or apply to forehead, chest or shoulders to help relieve stress and promote an overall feeling of wellness
- Dilute with carrier oil for fever, headaches, depression, settle upset stomachs
- Diffuse at night to promote a restful sleep
- Add to your moisturizer or spray bottle with water and spritz on face to rejuvenate skin and refresh the mind

Properties

Calming, Antidepressant, Carminative, Cordial, Antispasmodic, Diaphoretic, Anti-inflammatory

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



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