



MELISSA LEAF Essential Oil

Botanical Name: *Melissa officinalis*

Plant Part: Leaves

Origin: Bulgaria

Processing Method: Steam Distilled

Child Safe: see safety precautions below

Description / Color / Consistency: A transparent liquid that ranges in color from pale to dark Yellow.

Aromatic Summary / Note / Strength of Aroma: Melissa Leaf Essential Oil has hints of Citronella with a warm and sweet lemony scent / Middle note / Medium aroma.

Major Constituents of Melissa Essential Oil

- Geranial
- Neral
- 6-methyl-5-hepten-2-one
- B-Caryophyllene
- Citronellal
- Geranyl Acetate
- Aesculetine

Product Abstract: The Melissa herb's white flowers are a favorite of bees; hence, the plant receives its name from the Greek word for "honey bee." The *Melissa officinalis* plant is a relative of the Mint family and is native to the Mediterranean Basin and Central Asia. Generally referred to as Lemon Balm, it was thought to give comfort and drive away sadness. This common garden herb is the main ingredient in the popular, centuries-old herbal tonic known as Carmelite Water.

Emotional/Energetic Qualities

Reduces insomnia

Reduces anxiety, opens the mind

Calms and cools agitated emotions

Offers comfort during grieving



Therapeutic Properties

Analgesic: Melissa is dominated by citral, which has antinociceptive action (Quintans-Júnior *et al.* 2011). Citral-rich oils are indicated in the treatment of pain accompanied by inflammation.

Anti-inflammatory: Due to the citral content, Melissa essential oil has the potential to reduce inflammation and pain (Bounihi *et al.* 2013).

Antibacterial: The antibacterial activity is due, at least in part, to citral and citronellal (Saad, Muller and Lobstein 2013).

Antidepressant: Citral has relaxing and antidepressant properties (Yim *et al.* 2009), and citronellal has sedative and sleep-inducing properties, as well as antinociceptive actions (Melo *et al.* 2010; Quintans-Júnior *et al.* 2010).

Antifungal: Citral has antifungal activity (Tao, OuYang and Jia 2014). It is active against *Candida* (Silva *et al.* 2008).

Antioxidant: The essential oil has antioxidant activity, which is related to the presence of citral and citronellal (Shaaban, El-Ghorab and Shibamoto 2012).

Antiviral: Melissa is active against viruses such as HSV II *in vitro* (Allahverdiyev *et al.* 2004).

CNS sedative: In traditional Moroccan medicine, Melissa is used as an antispasmodic with calming actions (Bounihi *et al.* 2013). It has therapeutic value in dementia as it can encourage calmness, reduce agitation, and enhance cognition (Ballard *et al.* 2002).

Febrifuge: In traditional medicine, Melissa is considered to be a cooling herb, and has value in reducing fever.

Immunostimulant: Melissa is thought to have immunostimulant activity which is related to its anti-inflammatory properties, both due in part to the presence of citral (Saad, Muller and Lobstein 2013).

Immune support: Melissa can be used in blends for supporting the immune system, and combines nicely for this purpose with Palmarosa, Frankincense, and Patchouli.

Low mood: Melissa is both uplifting and calming. For depression due to serious stress, Melissa can be highly effective in reducing tension, and therefore provides an emotionally uplifting effect. If the depression is more due to very low energy and feelings of sadness, it may be more effective to use a more stimulating oil to address the depression. Melissa is a great oil to manage agitation and restlessness.

Musculoskeletal: Melissa is of value in blends for aches and pains, injuries, and swelling, thanks to its anti-inflammatory and analgesic actions.

Skin: Melissa has anti-inflammatory and antifungal actions, and can be useful in blends for swelling and infection. It is best used along with non-irritant, non-sensitizing oils such as Rosewood, which also have antifungal activity. It can also be helpful with herpes blisters, HSV I (see **Blending Ideas**).



Stress and shock: Melissa is a strong sedative, and can be used to reduce shock. The oil is best used in a small quantity, and its sedative effects come on slowly. It's also used for reducing heart palpitations.

Safety Data

Non-toxic, but may cause skin irritation in those with sensitive skin. Use in low dilution (0.9%) when applying to the skin, such as in baths or massage oils. Avoid using on children under 2 years. May interfere with diabetes medication when taken internally. Tisserand suggests the use be restricted to 0.5% maximum on the skin during pregnancy due to citral which could affect fetal development in high topical doses.

If pregnant consult with a physician prior to use.

****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.**

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).