

Lime – (Distilled) – *Citrus reticulata*

Code: T130 **Vol:** 10ML

Country of Origin: Mexico

About the oil

Distilled From: The peel of the fruit

Aroma & appearance: Sharp, bittersweet aroma. Clear, colorless liquid.

Some beneficial ways of enjoying the oil:

- Refresh aching feet by adding 1 drop each of Lime, Lemon and Geranium to a bowl of warm water and soak feet for at least five minutes.
- Add 1 drop each of Lime, Lavender and Neroli to the water in a new plant spray and use as a natural room spray. Avoid polished surfaces and plants.

Expressed Lime oil is produced in the same way as other citrus fruits, by pressing the peel of the fruit to extract the oil. However, Expressed Lime Oil is extremely phototoxic, and so should be avoided.

The alternative is Distilled Lime Oil, which is by far the most prominent type. Most people prefer the distilled oil's aroma, as it more closely resembles the fruit itself. Distilled Lime oil is widely used for flavoring whereas the expressed oil tends to be preferred by the perfume industry. The two main sources of Lime oil are Mexico and Peru. This oil is from Mexico, and is a delightful oil, very reminiscent of fresh limes - a wonderful revitalizing oil.

Did you know?

Ships carrying lime in the 16th century were often called 'lime juicers'.

Key Search words: Soothing, refreshing, anti-bacterial, anti-septic, skin care

Safety Data

Those with sensitive skin should use lime in moderation
