



Melissa

Available in 5mL

A AROMATIC **T** TOPICAL **I** INTERNAL **N** NEAT

SOURCED FROM:



FUN FACT

Melissa is Greek for "honey bee," and its sweet, citrus fragrance was known to attract bees.

*Sourcing may vary



FUN FACTS:

- One of the lowest yielding essential oil sourced plants, it takes 6,000 pounds to distill one pound of dōTERRA Melissa essential oil, equaling 22 pounds per 5mL. Most other suppliers compromise by using additional plant parts to cut costs and increase yield.

AROMATIC DESCRIPTION:

- Citrus, Herbaceous, Sweet

COMMON USES:

- Diffuse and apply to uplift mind, body, and mood, support moving forward, and releasing feelings of despair, hopelessness, and self-doubt.
- Take 1-2 drops in veggie cap to boost immunity and create an environment unfriendly to unwanted guests.*
- Combine with **Roman Chamomile** and apply or diffuse to help relieve feelings of shock or trauma, and encourage a restful night's sleep.
- Take internally to support optimal responses to seasonal threats and reduce the body's reactivity.*
- Apply topically to lower abdomen and/or ovary reflex points to support optimal fertility and menstruation.
- Apply to soothe irritations from bug bites or stings.
- Inhale and apply on heart, bottoms of feet to improve memory, help release feelings of frustration, and create feelings of inner peace and strength.
- Combine with **Yarrow|Pom** or **ClaryCalm** when additional emotional support is needed or desired during a woman's monthly cycle.
- Apply behind ears and under tongue when experiencing a loss of equilibrium or sense of balance, queasiness, or ear ringing.

WHAT IT TAKES TO MAKE A BOTTLE:



22 LBS*

It takes approximately 22 pounds of melissa flowers and leaves to produce 5 mL of Melissa essential oil.*

CHEMISTRY:



The main chemical constituents and associated benefits of melissa are:

soothing
cellular support*
calming

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

71+

Published studies on the benefits of melissa

Numbers according to PubMed as of December 2017

FUN FACT

The melissa plant, also known as "lemon balm," has one of the lowest yielding oils, meaning it requires the most plant matter to produce a bottle of oil.

WORKS WELL WITH:



*Varies by season, region, year, and other variables. For US market use only.

Directions For Use

- A** Use 3-4 drops in diffuser or place 1-2 drops in palms and inhale deeply. Enhance aroma by combining with other oils as desired.
- T** Apply 1-2 drops to desired areas. Dilute with **dōTERRA® Fractionated Coconut Oil** to minimize any skin sensitivity as needed.
- I** Take 1-4 drops in 4oz of liquid, under tongue, or in veggie capsule.*

NOTE: Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Diffuser Blends

180° Turn Around

1 drop **Melissa**
2 drops **Bergamot**
3 drops **Siberian Fir**

Surrender

2 drops **Melissa**
3 drops **Clary Sage**
1 drop **Wintergreen**

Learn More: tiny.cc/doterramelissa