

10 ml Lime Essential Oil



Brand: Ancient Wisdom
Product Code: EO-29
Availability: In Stock
Weight: 0.04kg

Price: £2.75

Description

Latin Name : Citrus Aurantifolia. Part Of Plant Used : Fruit Peel. Source : Mexico. Extraction Method : Cold Expression. This Lime Essential Oil is obtained from Citrus aurantifolia, also known as Mexican or West Indian lime, as well as sour lime. The oil is extracted from the peel of the unripe skin by cold expression or from the peel and/or the whole ripe fruit by steam distillation. Lime oil has a sharp, citrus smell that immediately perks up one's mood on smelling it, and is pale yellow to light olive in colour. Lime oil, when used in an oil burner, stimulates a tired mind and helps ease anxiety, apathy, and depression. It is useful to reduce fevers associated with colds, sore throats, and flu. It increases immunity while easing coughs, bronchitis, sinusitis, and asthma. It is said to be helpful for arthritis, rheumatism and poor circulation, as well as for obesity and cellulite. This oil is good for the skin; it reduces oiliness and acne, helps with herpes, insect bites and cuts. However, the oil that is obtained by cold expression (as opposed to steam distillation) can cause photosensitivity and irritate the skin. Limes are originally from Asia, but they are now grown in most warm countries like Italy, the West Indies, and the Americas. The lime is green when raw and ripens to yellow, and usually measures about two inches in diameter. It was introduced into Europe by the Moors and from there it migrated to the Americas. The lime is said to have a lower Vitamin C content than lemons do. People often carried limes on long ship journeys to prevent sailors getting scurvy from Vitamin C deficiency.