

LIME



Plant/Part: Fruit/Peel (Source: Asia, Italy, West Indies Americas)

Latin Name: Citrus Aurantifolia

Family: Rutaceae

Extraction: Cold Expression and Steam Distillation

AROMA: Rather sharp and bitter sweet.

PROPERTIES: May help to cool feverish conditions which accompany colds, sore throats and influenza. Eases coughs, congestion of the chest, catarrh and sinusitis. A tonic to the immune system and keeps infection down. Gives back energy after illness. A digestive stimulant, like most citrus oils, and may be useful to sufferers from anorexia since it encourages appetite by stimulating the digestive secretions. Said to treat the effects of alcoholism possibly because of its

disinfecting and restorative properties. Reputedly helpful with rheumatic pain.

CHEMICAL CONSTITUENTS: Linalool, Terpeneol (Alcohols, Citral) (Aldehyde), Linalyl Acetate (Ester), Bergaptene (Lactone), Limonene Pinene, Sabinene, Terpinoline (Terpenes).

PRECAUTIONS: Do not use Lime on the skin in direct sunlight, however if the essential oil of Lime is distilled rather than expressed, then it does not have a phototoxic effect. Dilute to 1% and use only 3 drops in a bath as it may cause irritation of the skin.

BLENDS: Clary Sage, Citronella, Lavender, Neroli and Rosemary.

Lime oil is extracted from *Citrus aurantifolia* (also known as *Citrus medica* var. *acida* and *C. latifolia*) of the Rutaceae family and is also known as Mexican and West Indian lime, as well as sour lime. This clear smelling citrus oil can help lift depression and lighten your mood when feeling blue. It is used to fight cellulite and to tone the skin in general.

Lime oil has a sharp, citrus peel smell and is pale yellow to light olive in color. Originally from Asia, it is now cultivated in most warm countries, especially Italy, the West Indies and the Americas. It is an evergreen tree growing up to 4.5 meters (15 feet) high with smooth, green leaves, stiff sharp spines and small, white flowers.

The fruit is green and although there are many varieties they usually measure about two inches in diameter. It was introduced into Europe by the Moors and from there it migrated to the Americas.

Ships transporting it were called 'lime juicers' and ship crews depended on it to prevent scurvy, because of the high vitamin C content.

It is used to flavor ginger ale and cola drinks, and also used in the perfume industry. Lime oil can be extracted by expression or by distillation - the peel of the unripe skin by cold expression or the peel and /or the whole ripe fruit by steam distillation. Non-toxic, non-irritant and non-sensitizing if the oil is obtained by steam extraction, yet the oil obtained from cold expression can cause photosensitivity in strong sunshine and can irritate the skin.

Our lime oil is obtained by steam distillation of the fruit rinds and since it is distilled it does not have a phototoxic effect on the skin.

The main constituents in the distilled lime oil, like the one we sell is a-pinene, b-pinene, myrcene, limonene, terpinolene, 1,8-cineole, linalool, borneol, citral and traces of neral acetate and geranyl acetate.

Lime oil is useful to cool fevers associated with colds, sore throats and flu and aids the immune system while easing coughs, bronchitis and sinusitis, as well as helping asthma. Lime oil can stimulate and refresh a tired mind and helps with depression.

It can be helpful for arthritis, rheumatism and poor circulation, as well as for obesity and cellulite and has an astringent and toning action to clear oily skin and acne, and also helps with herpes, insect bites and cuts.

Lime oil is beneficial to the immune system, easing infection in the respiratory tract and relieving pain in muscles and joints, while revitalizing a tired mind and banishing the feeling of apathy, anxiety and depression.