



Lime Essential Oil

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



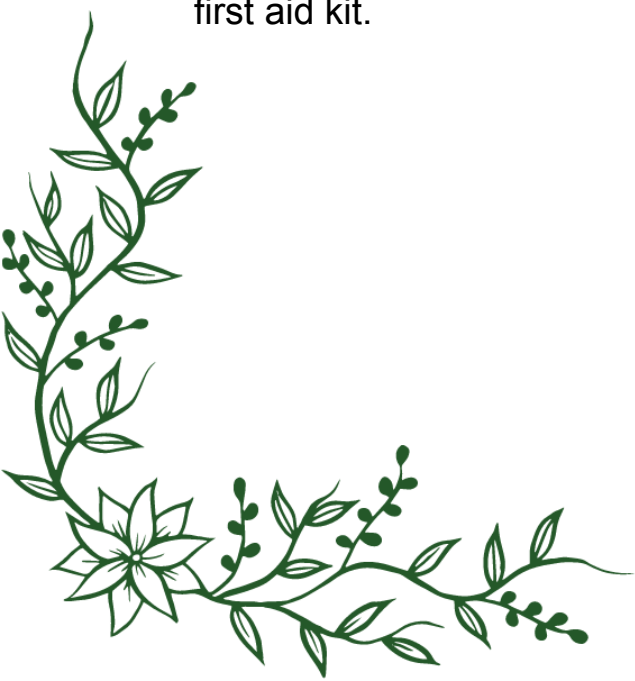
Lime Essential Oil

Lime essential oil is one of the most aromatic of the citrus oils, it has a sweet crisp citrus scent. It's good for relieving stress, exhaustion, and anxiety amongst many things.

About Lime

Lime essential oil is a delightfully fragrant citrus oil that is excellent for relieving stress, fatigue and anxiety due to its uplifting, stimulating properties. It is also wonderful for using to relieve symptoms of respiratory complaints such as colds, coughs, sinusitis, sore throat, and chest congestion when a few drops are added as a steam inhalation or mixed with a cream or carrier oil and rubbed across the chest.

Lime oil has great anti-viral and bactericidal properties making it a great oil for boosting the immune system and fighting off infections caused by both viruses and bacteria. It is also a great oil to have as a general oil to treat wounds and infections of the skin due to its disinfectant and homeostatic properties, which means it can help blood to coagulate therefore increasing the speed with which blood clots increases the speed of healing of cuts and open wounds. Always a handy oil to have on hand in a natural first aid kit.



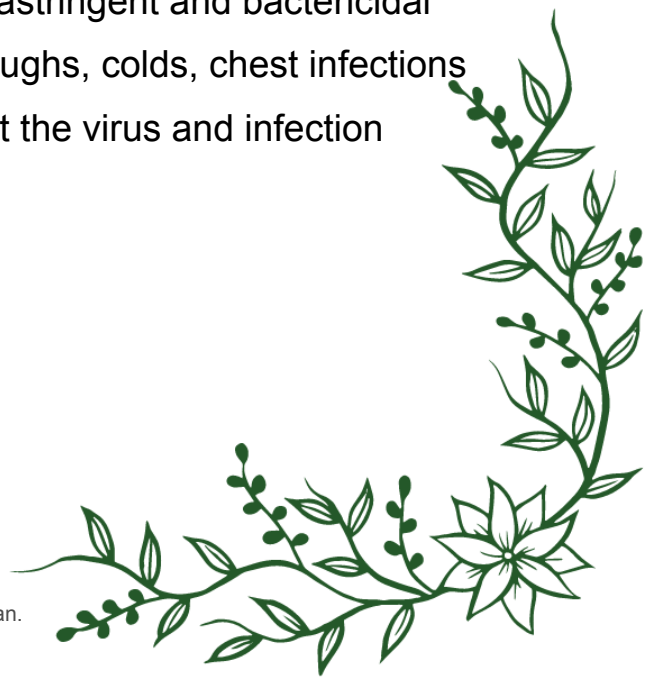
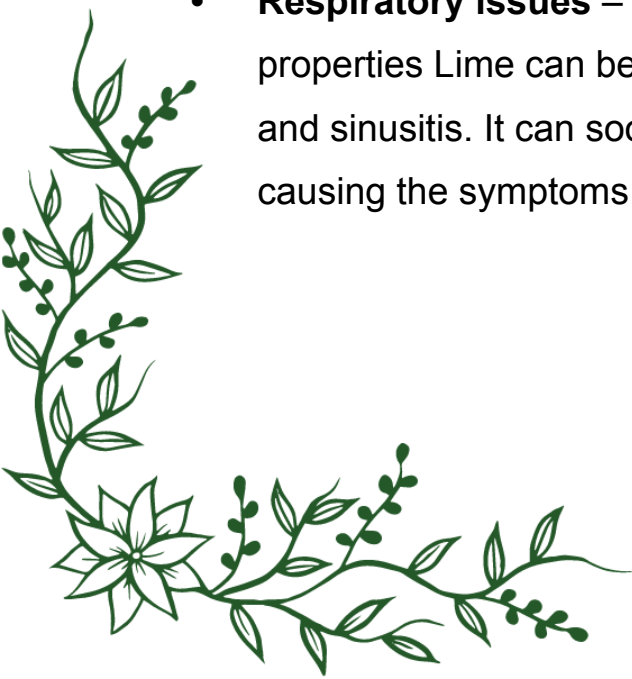
Healing Properties Of Lime Essential Oil

Lime essential oil has the following healing properties:

Properties

Antiseptic, anti-viral, astringent, aperitif, bactericidal, disinfectant, febrifuge, homeostatic, restorative and a general tonic.

- **Anxiety and Stress** – Lime with its fresh, uplifting citrus scent can be used to relieve feelings of anxiety and stress.
- **Fatigue** – With its restorative and tonic properties Lime can be effective in relieving fatigue and energising the body and mind.
- **Immune system** – Lime has anti-viral and bactericidal properties that make Lime an effective oil in boosting the immune system and helping the body fight off viruses and infections.
- **Muscle aches and joint pain** – Lime oil can be used to bring relief from the pain and discomfort caused by muscle aches and pains and from conditions such as rheumatism and arthritis.
- **Respiratory issues** – With its anti-viral, astringent and bactericidal properties Lime can be used to soothe coughs, colds, chest infections and sinusitis. It can soothe as well as fight the virus and infection causing the symptoms.



- **Cuts/wounds** – Lime oil is a homeostatic oil which means it is able to stimulate the blood clotting process which speeds up the healing process, this property also helps to ease the symptoms associated with various veins.
- **Perfumes and Beauty products** – Due to its wonderful aroma and astringent and bactericidal properties Lime is the perfect oil to add to perfumes and beauty products and to make refreshing household cleaning products.



Ways to use Lime Essential Oil

Diffuse

- Lime essential oil can be used in diffusers or oil burners. Using Lime essential oil in this way is particularly beneficial in relieving congestions and respiratory issues associated with colds, it's good for boosting your immune system. Lime also makes a good natural air freshener, clearing the air and creating an uplifting atmosphere and can help lift feelings of fatigue and can be a good mood booster.

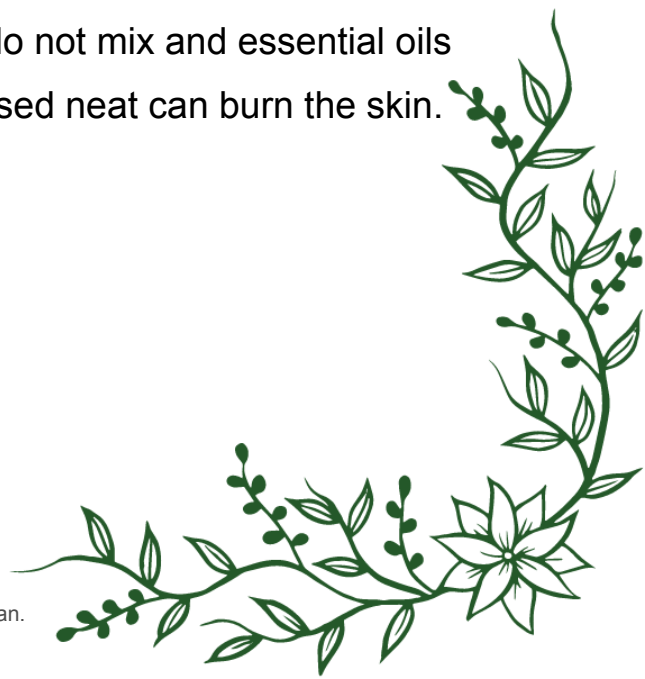
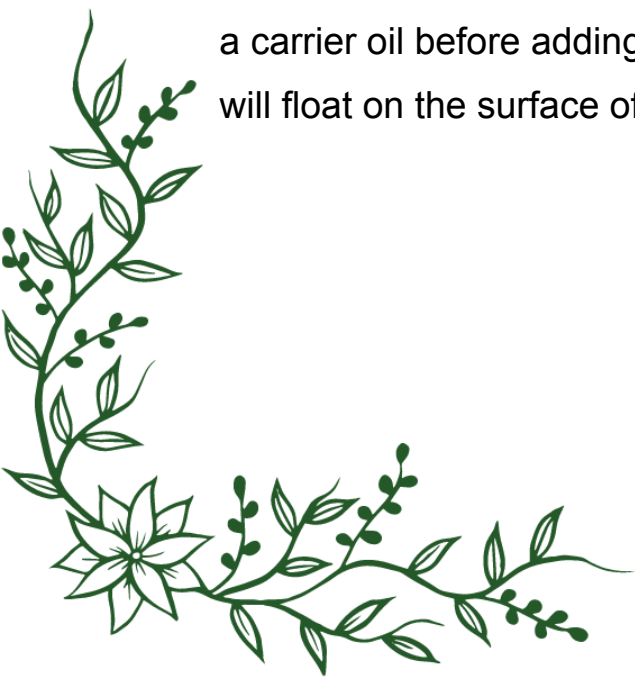
Diffuse 1 - 3 drops of Lime essential oil in an oil burner or diffuser.

Bath

- Lime essential oil can be added to a warm bath to relieve muscle aches and pain associated with arthritis and rheumatism.

Add 1 - 3 drops of Lime essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Cream

- Adding a few drops of Lime essential oil to a base cream is a great way of harnessing Lime's antiseptic and antibacterial properties to treat minor cuts and wounds. It can also make an excellent chest rub to relieve chest and respiratory infections. Used to massage joints and muscles Lime oil can relieve pain and discomfort associated with rheumatism and arthritis. It can also help improve the appearance of cellulite and varicose veins.

Add up to 12 drops of Lime essential oil to 30 ml of base cream.

Inhalation

- Inhaling Lime essential oil is effective in helping to relieve symptoms associated with asthma and respiratory tract infections such as colds and bronchitis, coughs. Steam inhalation helps to clear congestion in your head, nose and chest.

Simply use 1 -3 drops of Lime essential oil in a bowl of hot water, place a towel or blanket over your head and shoulders to enclose your head over the bowl and inhale for 5 – 10 minutes.

Note: Steam inhalation may be too strong for children, instead place the bowl in the room or close by and allow the steam to infuse in the air.

Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles. Used as part of massage therapy Lime can relieve symptoms associated with rheumatism and arthritis.

Adults - up to 7 drops of Lime essential oil in 1 tbsp of carrier oil.

Children over 2 years old - up to 3 drops of Lime essential oil in 1 tbsp of carrier oil.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Lime goes particularly well with oils such as:

- Bergamot
- Citronella
- Clary Sage
- Lavender
- Lemongrass
- Neroli
- Rosemary
- Vanilla
- Ylang Ylang



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Lime essential oil can cause skin irritation or allergic reactions in some people. As with all citrus oils you should avoid exposure to the sun or using a sunbed for about 12 hours after using Lime as it can cause skin pigmentation problems.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Lime is one such oil.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian
Health & Well-Being Powered By Nature



Find out more at

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