



## Melissa Leaf Essential Oil

Buzzing with history and benefits, Melissa Leaf Essential Oil (Bulgaria) is more than just a refreshing citrus scent — it's nature's remedy for relaxation and comfort. The Melissa herb, known for white flowers that attract bees, gets its name from the Greek word for "honey bee." A close relative of mint, this Mediterranean native is celebrated for its soothing effects and ability to create a cheerful atmosphere.

Steam-distilled from the leaves of the *Melissa officinalis* plant, Melissa Leaf Essential Oil (Bulgaria) delivers a sweet, lemony fragrance that promotes peace of mind and relaxation. Whether you're unwinding after a busy day, adding a few drops to your bath for a soothing experience, or using it in aromatherapy to set a serene mood, this oil fills your space with a bright, refreshing aroma.

**Botanical Name:** *Melissa officinalis*

**Main Constituents:** Geraniol: 10–45%, Neral: 6–30%,  $\beta$ -caryophyllene: Approx. 30%, Germacrene: 0–20%

**Plant Part:** Leaves

**Origin:** Bulgaria

**Processing Method:** Steam Distilled

**Color/Consistency:** A transparent liquid that ranges in color from pale to dark yellow.

**Aromatic Summary / Note / Strength of Aroma:** Melissa Leaf Essential Oil has subtle hints of Citronella, with a warm, sweet lemony fragrance. It is a middle note with a medium strength aroma.

**Blends Well With:** Bergamot, Cedarwood, Geranium, Jasmine, Lavender, Lemon, Marjoram, Neroli, Rose, and Ylang-Ylang.

## **BENEFITS**

**Sweet Lemony Comfort:** Melissa Leaf Essential Oil (Bulgaria) offers a warm, sweet lemony fragrance that promotes a sense of calm and lifts your spirits. The citrusy notes provide a refreshing boost, while the soft, comforting qualities create a peaceful atmosphere — perfect for adding a little sunshine to any space.

**The Magic of Melissa (and a Little Science):** The Melissa officinalis plant, also known as Lemon Balm, has been cherished for centuries for its calming and uplifting properties. Steam-distilled from the leaves, this essential oil is packed with natural compounds like Geraniol and Neral, which work together to promote balance and tranquility.

**Gets Along with Everyone:** Melissa Leaf Essential Oil blends beautifully with a variety of other oils, making it a must-have addition to any collection. Whether mixing it with floral notes like Jasmine and Rose or pairing it with citrus oils like Lemon or Bergamot, this oil enhances any blend with its bright, soothing aroma.

**Moods of Melissa:** From creating a peaceful atmosphere in your home to soothing skin with a gentle massage, the uses of Melissa Leaf Essential Oil are endless. Add it to a relaxing bath, use it in aromatherapy, or even wear it as a natural perfume for a light, refreshing scent throughout the day.

## **DIRECTIONS AND USES**

- **Lemon Balm Baths:** To turn your bath into a spa-like experience, add 5-10 drops of Melissa Leaf Essential Oil (Bulgaria) to your warm bath water. This sweet, lemony scent will fill the air, helping you unwind and relax as you soak away the day's stresses.
- **A Fresh Breeze for Your Mind:** For a peaceful atmosphere at home or work, add 4-6 drops of Melissa Leaf Essential Oil to a diffuser. This uplifting yet soothing oil creates a bright, citrusy environment that promotes focus, serenity, and balance. Perfect for meditation, studying, or simply relaxing after a long day.
- **Melissa's Perfume:** Create a subtle, refreshing perfume by adding 2-3 drops of Melissa Leaf Essential Oil to a roller bottle with a carrier oil (like jojoba or sweet almond). The sweet, lemony fragrance will linger on your skin, giving you a burst of comfort throughout the day.
- **Melissa as Part of Your Skin Care Routine:** Add 1-2 drops of Melissa Leaf Essential Oil to your moisturizer or facial oil to give your skin care routine an aromatic lift. Its calming and soothing properties can help promote a clear and refreshed complexion, especially when dealing with skin irritation or stress-related breakouts.
- **Aromatic Skin Soother:** For a calming massage, dilute Melissa Leaf Essential Oil at a 1-2% ratio with a carrier oil, then gently massage into sore muscles, tense areas, or anywhere you need a little extra comfort. The soothing scent helps to release tension while nourishing the skin.

- Buzz Through Cleaning: Use Melissa Leaf Essential Oil as a natural, uplifting addition to your cleaning routine. Add a few drops to your cleaning sprays or wipes to disinfect surfaces while leaving a refreshing lemony scent behind. The oil's antibacterial properties make it a great choice for freshening up your home.

**Size & Price:** Contact Us