

Melissa Essential Oil

Intro

Melissa Essential Oil is extracted from *Melissa officinalis* of the Labiatae family and is also known as balm, lemon balm, as well as common, sweet and bee balm.

This soft and bushy perennial plant from the Mediterranean region grows to about 60 cm (2 feet) and likes soil with a high iron content and has small serrated slightly hairy leaves and small white-pink flowers.



The flowers are very attractive to bees; the name 'Melissa' is the Greek word for honeybee and is also known as "lemon balm" or in Hebrew 'Bal- Smin" meaning 'Chief of oils.'

Usage

When used in diffusion, organic balm or melissa officinalis essential oil can help to combat insomnia and panic attacks. When ingested organic balm essential oil is also known to help ease stomach cramps, digestive issues and nausea. Melissa officinalis essential oil can also help to combat morning sickness.

Ancient Wisdom

The word 'Melissa' is Greek for 'Honey Bee', Melissa having been planted near bee hives to produce the most delicious honey. Melissa oil is considered one of the most powerfully medicinal essential oils in all of aromatherapy, with a wonderfully pleasant sweet, herbaceous aroma.

In the 14th century it was included in tonic water made by the French Carmelite nuns and Paracelsus (1493 - 1541) called this herb 'The Elixir of life' while John Evelyn (1620 -1706) described it as "sovereign for the brain, strengthening the memory, and powerfully chasing away melancholy".

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