

# Melissa

## Essential Oil Profile



**Botanical Name:** *Melissa officinalis*

**Common Names:** Lemon Balm, Common Balm

**Plant Family:** Lamiaceae (mint family)

**Countries of Origin:** Melissa is native to the eastern Mediterranean region, but it is also cultivated in other parts of Europe, North America, and Asia.

**Extraction Method:** Melissa essential oil is typically extracted through steam distillation of the fresh leaves and flowering tops of the Melissa plant.

**Parts Used:** Leaves, Flowering Tops

**Essential Oil Smell:** Melissa essential oil has a fresh, lemony, and herbaceous aroma with sweet, floral, and citrus undertones. It is often described as uplifting, calming, and revitalizing.

**Essential Oil Color:** Pale yellow to light green.

**Viscosity:** Thin

**Perfumery Note:** Middle Note

**Strength of Aroma:** Medium

## Blends Well With

Citrus oils like lemon and bergamot

Floral oils such as lavender and rose

Herbal oils like basil and peppermint

Woody oils like cedarwood and sandalwood

## Therapeutic Properties

Antiviral

Antioxidant  
Antidepressant  
Nervine  
Sedative  
Digestive

## Uses

**Stress Relief:** Melissa oil is often used in aromatherapy to reduce stress, anxiety, and nervous tension. It has calming and uplifting properties that help promote relaxation and emotional well-being.

**Sleep Aid:** Melissa oil is believed to have sedative effects that can help improve sleep quality and relieve insomnia. It can be diffused in the bedroom or added to a bedtime bath.

**Digestive Support:** Melissa oil is used to alleviate digestive issues such as indigestion, bloating, and nausea. It can be diluted and applied topically to the abdomen or diffused during or after meals.

**Skin Care:** Melissa oil is used in skincare products for its antioxidant and antimicrobial properties. It can help soothe irritated skin, reduce inflammation, and promote a clear and radiant complexion.

## Contraindications

- Melissa oil is generally safe for topical and aromatic use. However, it should be used in moderation and diluted properly before applying it to the skin, as it may cause skin irritation in some individuals.
- Pregnant and breastfeeding women should consult with a healthcare professional before using Melissa oil, although it is generally considered safe when used in moderation.

## Side Effects

- In rare cases, Melissa oil may cause skin irritation or allergic reactions. Perform a patch test before using it topically and discontinue use if any adverse reactions occur.
- Avoid ingesting Melissa oil in large amounts as it may cause gastrointestinal upset.

## Types

There are no specific types of Melissa oil, but different chemotypes of Melissa plants may produce essential oils with slightly different aromatic profiles and chemical compositions.

# Chemical Constituents

The chemical composition of Melissa essential oil can vary depending on factors such as the chemotype of the Melissa plant and the extraction method used. Some of its main constituents include:

- Citral (35-70%)
- Citronellal (10-30%)
- Geraniol (5-10%)
- Caryophyllene (1-5%)
- Limonene (1-5%)

The percentages may vary depending on factors such as the age of the plant, the part of the plant used, and the environmental conditions in which the plant grows.



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