

LIME

CITRUS AURANTIFOLIA

Country of Origin: USA

Cold Expressed from peel

Lime (*Citrus aurantifolia*) is a cold-pressed oil expressed from the peel, valued for its sharp, vibrant aroma and its strong role in cleansing, mental clarity, and energetic renewal. Naturally rich in limonene and supporting monoterpenes, it carries a bright, activating character, known for sharpening focus, refreshing the system, and helping restore a sense of clarity and forward momentum.

Its aroma is crisp, tangy, and slightly sweeter than lemon with a more rounded citrus intensity that feels both energizing and stabilizing. It is often used when the mind feels dull, fatigued, or overloaded, or when the environment needs a noticeable reset toward freshness and clarity.

In both aromatic and traditional use, lime has been regarded as a stimulating and restorative oil, supporting mental focus, environmental purification, and overall vitality. It works by cutting through stagnation, lifting heaviness, and helping the system return to a clearer, more energized state.

FUNCTIONAL CONSTITUENTS

Limonene The primary monoterpene in lime, limonene gives the oil its sharp, tangy citrus character. It is associated with supporting detoxification, aiding digestion, and promoting an energized, mentally clear state while contributing to the oil's strong antimicrobial properties.

Gamma-Terpinene A key component that adds a slightly softer, rounded citrus note. It is known for its antioxidant activity, helping support cellular protection and reinforcing the oil's cleansing and purifying role.

Beta-Pinene A monoterpene that contributes a fresh, lightly green edge to the aroma. It is associated with supporting respiratory clarity and enhancing the oil's overall refreshing and clarifying effects.

Clinical Studies: <https://pubmed.ncbi.nlm.nih.gov/40655199/>
<https://pubmed.ncbi.nlm.nih.gov/30273946/>
<https://pubmed.ncbi.nlm.nih.gov/29976894/>



HOW WE SOURCE

Lime oil is shaped by the maturity of the fruit and the conditions in which it is grown. We look for *Citrus aurantifolia* cultivated in warm, sun-intense regions where the peel develops a concentrated and vibrant aromatic profile.

The peel is cold pressed shortly after harvest to preserve its volatile compounds and sharp citrus character. Because lime oil is highly sensitive to oxidation and light exposure, careful processing and controlled storage are essential. We look for oil that is bright, tangy, and clean with a lively citrus edge, never dull, heavy, or lacking freshness..

OUR LIME IS:

- ✓ Cold pressed from fresh peel
- ✓ Unrefined and not standardized
- ✓ Harvested for brightness and intensity
- ✓ Processed quickly to preserve freshness
- ✓ Crisp, tangy, and cleanly citrus

We look for oil that delivers a lively, well-defined citrus profile with a smooth, slightly sweet edge, an indicator of proper harvest and careful extraction. Dull, heavy, or flat oil suggests oxidation or poor handling, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Cold pressed*
- Bright, tangy citrus aroma*
- Crisp, lively profile*
- Clean, slightly sweet edge*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Dull or heavy scent*
- Flat or muted aroma*
- Adulterated or extended oil*
- Clear or plastic packaging*

HOW TO USE LIME

Lime is commonly used when the goal is sharpening mental clarity, refreshing the environment, and supporting light digestive and metabolic activity. It fits easily into aromatic, environmental, topical, and internal routines.

Aromatic

Diffuse 3–5 drops or inhale directly. Often used to boost focus, reduce mental fatigue, and create a more alert, energized environment.*

Environmental

Add to cleaning solutions or spray blends. Commonly used to cleanse surfaces and refresh indoor air with a crisp citrus profile.*

Internal

Add 1 drop to water or tea. Often used to support digestion and promote a lighter, more active internal state.*

Topical

Dilute with a carrier oil and apply as needed. Commonly used to support skin clarity and overall cleansing, avoiding sun exposure after application.*

WHAT IT SUPPORTS

Lime is traditionally used when the goal is restoring mental clarity, refreshing the system, and supporting light digestive and metabolic activity. It supports:

- Mental clarity, focus, and alertness*
- Reduction of fatigue and mental heaviness*
- Digestive support and metabolic activity*
- Environmental purification and freshness*
- Immune support and microbial balance*

Used consistently, it helps the body and environment feel clearer, lighter, and more energized, supporting focus, digestion, and overall system responsiveness.

LIME IN THE STILLROOM

Lime has long been kept in the stillroom as a brightening, reactivating oil to be used when the mind feels dulled, the air feels stale, or the system needs a clean reset. Expressed from the peel of *Citrus aurantifolia*, it is closely associated with sharpening focus, refreshing the environment, and restoring a sense of alert clarity.

It is often reached for during periods of mental fatigue, heavy workload, or when concentration begins to drift. This is not a soft or background citrus oil. It works with immediacy, helping cut through mental fog and re-engage attention while clearing the surrounding space. Used in small amounts, it supports a more energized, responsive state without overstimulation or sharpness.

MORE WAYS TO USE LIME

Workday Reset

Inhale from palms mid-day. Commonly used to cut through mental fatigue and re-engage focus.*

Glass & Surface Shine

Add to water and wipe surfaces. Often used to remove residue and leave a clean, streak-free finish.*

Post-Meal Digestive Boost

Add 1 drop to warm water. Commonly used to support digestion and reduce heaviness after eating.*

Gym Bag Freshener

Add a few drops to cotton pads and place inside bags or shoes. Often used to reduce odor and keep items smelling clean.*

Brightening Skin Blend

Dilute and apply to skin. Commonly used to support clarity and tone, avoiding sun exposure after use.*

CAUTIONS

- Safety Group 2: Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.
- Avoid UV rays for 12 hours after topical application.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

