
TOP 10 USES FOR LIME OIL

- 1. Respiratory Support:** Combine Lime with Breathe Blend, Eucalyptus, Melaleuca, Peppermint, and Cardamom oils. Add to diffuser, and rub on the bottom of feet, chest and back.
- 2. Recipes & Food:** Add just a drop or two to any recipe for example Salsa, Hummus, Key-lime pie and Lime Chicken.
- 3. Colon & Gut:** Add Lime oil to your water. Consider doing the 30-day gut cleanse. Lime is great for colon health. Lime is a great source of antioxidants.
- 4. Night-time Coughs:** 1 drop of each: Lemon & Lime on the tongue before bed.
- 5. Jade's Energetic Happy Blend:** When you are under pressure but don't want to let that pressure take you down, add to a diffuser 1 drop of the following oils: Lime, Bergamot, Wild Orange, Melissa, and Petitgrain.
- 6. Clear Junk for Decision Making:** Rub Lime on the inside of your arms and inhale to help make clear decisions.
- 7. Clean & Tone Skin:** Add to body butter or body lotion. Do not expose lotion skin to direct sunlight for 24hrs.
- 8. Spiritual Heart Decongestant:** Lime clears the heart of congestion so it can fully take courage, have full determination and passion. Simply inhale & make positive heart affirmations.
- 9. Uplift the Soul:** Smell Lime while meditating to uplift the soul.
- 10. Overheated:** Add a few drops of Lime on the bottom of your feet.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

