



Sweet lime

Latin names: Citrus limetta, Citrus medica var limetta

French names: (nota bene: it is not French Lime (green lemon), Citrus aurantifolia = Citrus latifolia)

Extracted from: peel.



Just happiness and melty-cheesy-weeny joy in the heart!
Can be surprising in lemony dishes. Lime adds zing to anything and tricks tongues into delightfully licking the rest of the mixture from the bowl. (Cherry tarts, Fruits mousses, chocolate yoghurts...)
For those who listen too much to anybody and everybody for their best pieces of advice, both spiritual and moral. Putting a few drops on your heart and smelling it will help you stay in your own little world where you have the right to be happy your own way, after all!

The plant, its legends and its botany

Typical citrus tree as it has all of their features: some thorns, pretty white flowers whose petals are somewhat fleshy and stellar, reflecting and loving the sun.

Somewhat frail and light in appearance, it bears fruit with its flowers still decorating it for the pleasure of our senses.

It shares its name (lime-tree) with another different tree, which carries different fruits: green lemons.

Energetic properties

To dare be yourself and stay in your cosy cocoon.

Brings a "marshmallow" feeling to the heart.

Heals those who lost their twin, especially during their mother's pregnancy.

Helps focus.

Helps you to think clearly, and analyse correctly.

Chakras

3rd chakra

4th chakra

Doshas

Controls Vata leaving his playful-curious-happy side only

Calms Pitta

Increases a soft and smooth Kapha

Elements

Water

Standard chemotype

Monoterpenes (limonene ~ 45%, 10% gamma-terpinene, terpinolene 7%, alpha-4-terpinène 1% paracymene up 4%)

Monoterpene alcohols (2-10% alpha-terpineol, linalool 10%)

Sesquiterpenes (a few percent of scattered: bicyclogermacrène, farnesene, bisabolene, bergamotene)

Furanocoumarins (bergptène, limettine, bergamottin, byakangelicine ...)

Ketone: none

Batch chromatography

Batch, LIM2000/1 (PDF, 364 Ko, French)

Batch, LIM501K091018 (PDF, 251 Ko, French)

Batch, LIM501L101343 (PDF, 152 Ko, French)

Batch, LIM501B150040 (PDF, 152 Ko, French)

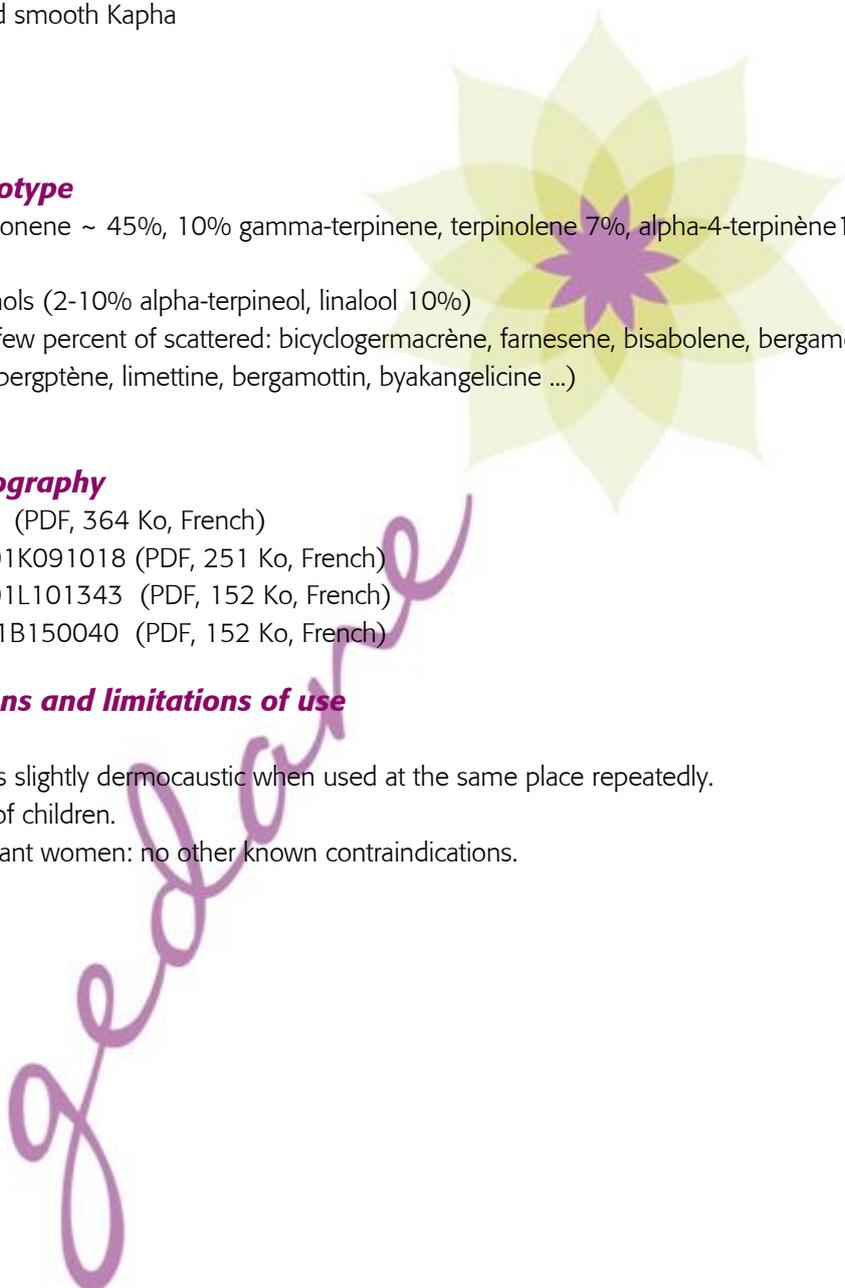
Contraindications and limitations of use

Photosensitising.

External use: proves slightly dermocaustic when used at the same place repeatedly.

Keep out of reach of children.

Children and pregnant women: no other known contraindications.



The information on these page is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep ut to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way. Texts: external consultant Marc Ivo Böhning and Geraldine Viatte