



*Also called "lemon balm", melissa was used historically to help deal with different emotions and was one of the main ingredients in Carmelite water, an early tonic invented by Carmelite nuns. Melissa oil has also been known for its anti-viral properties, and as an aid for depression and respiratory problems. Melissa's unique lemony scent is said to be balancing for the emotions.*

Steam distilled from  
leaves and flowers

**Melissa**  
*Melissa officinalis*