

The Intuitive Connection

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Oil Spotlight: Lime



Citrusy, slightly sweet, fruity, fresh and cool; descriptions used for the scent of the Lime essential oil. Sourced from Brazil, the essential oil is extracted from the rind of the fruit through cold compression. Think of zesting the rind of the lime; all of the strong flavor you get comes from the essential oil sacks in the rind vs the juice. This makes the oil alkaline vs the juice which is acidic. Lime blends well with Citronella, Clary Sage, Coriander, Eucalyptus, Grapefruit, Hinoki, Jasmine, Lavender, Lemon, Lemon Eucalyptus, Neroli, Petitgrain, Rosemary, Sandalwood and Tangerine.

It is very versatile, and can be used aromatically, topically and internally. It is considered non-toxic, but must be diluted with a carrier oil before being applied topically. Lime oil, like some of the other citrus contains a component called Furanocoumarins when cold pressed. What does this mean? It means that it is phototoxic and you **MUST** dilute this oil (no more than 4 drops per ounce of carrier) when applying it topically to skin that will be exposed to the sun. Otherwise you will get a nasty sunburn.

The main chemical components of Lime are found in the Monoterpene family (up to 85%). Because it is rich in monoterpenes, Lime oil has the following therapeutic properties : anti-allergenic, anti-anxiety, antibacterial, antidepressant, antifungal, anti-infectious, anti-inflammatory, antioxidant, antiseptic, antitussive, antiviral, astringent, bronchodilatory, cicatrisant, depurative, disinfectant, diuretic, febrifuge, hemostatic, immunostimulant, and tonic. This is an excellent oil for appetite reduction, cleanser, mood, bug repellent and skin care (when diluted properly). Emotionally, this oil refreshes and uplifts, reduces anxiety and depression and brings light to body, mind and spirit. Some suggested uses for Lime are:

Emotional support:

- Inhale from bottle, diffuse, or use an inhaler to reduce anxiety and enhance mood.

Physical support:

- Add 1-2 drops to water, citrus drinks, or veggie caps to reduce appetite and support the immune system.
- Add a few drops to multipurpose cleaner to cut tough grease in the kitchen.
- Add 1-2 drops to your shampoo, conditioner or body wash to clear brain fog and restore energy.
- Diffuse lime oil outside to keep pests away.
- Add 1-2 drops to your favorite moisturizer to reduce the appearance of fine lines, dark spots, patchy pigmentation, and loss of elasticity. (Follow guidelines above for dilution to avoid phototoxicity).

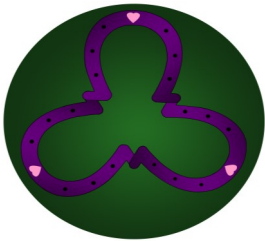
If you'd like more information about Lime or would like to order a bottle, please contact me by email at contact@trinityhealingconnection.com.



Check out our alpaca inspired lip balm flavor of the month featuring Sweet Isabella!

“Sweet as honey with a face that will warm your heart”

Honey Ginger Tangerine



Trinity Healing

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Anne Angelheart

Transformational Coach, Channeler, Author & Speaker

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