

Lemon Balm

by Lu Meissner © 2019

Lemon balm, Lemon Balm
Melissa officinalis
Essential oil to bring calm
Lemon scent of bliss

For anxiety and depression
Panic attacks too,
A bottle in my possession
Melissa will always do

For nausea and tummy ache
Blend a drop or two
With a carrier oil, and shake
Rub in through and through

Herpes simplex when you're stressed
And the tingle comes along
One drop applied, neat is best
And the cold sore won't stay long

A fruity lemon scent
Second to almost none
Included in a bug repellent
Melissa is the one

Improves cognition for us
Dispels a lot of fear
Helps us to focus
So our minds think clear

Good for allergies
Hay fever and asthma too
Dilute for stings from bees
And bites from bugs and fleas

Calms the Central Nervous System
And helps one fall asleep
Lemon balm, oh such a gem
This one I think I'll keep

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