



## LEMON BALM HERB

**Botanical Name:** *Melissa Officinalis*

**Common Name:** Lemon balm, common balm, or balm mint

**Medicinal part:** Leaf

**Description:** Lemon Balm Herb is a perennial herbaceous plant in the mint family Lamiaceae and native to south-central Europe, Iran, and Central Asia, but now naturalized in the Americas and elsewhere. It grows to a maximum height of 70–150 cm (28–59 in). The leaves have a mild lemon scent similar to mint. During summer, small white flowers full of nectar appear.



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