

Mandarin
Citrus reticulata
Children's comforter

Source:	Italy
Extraction:	Cold expression of fruit peel
Blending Factor:	4
Odour Note:	Top

Characteristics:

Mandarin is yellow-orange/brown liquid with a sweet, citrus odour that is characteristic of the ripe fruit.

Safety Precautions:

This oil is nontoxic, non-irritating and non-sensitising. Slightly photo-sensitising. Avoid use, in massage or bath, prior to sun or solarium exposure.

History:

Native to China and is a minor but important tonic in Chinese medicine. These uses of balancing and strengthening the digestive symptoms followed its exportation to the West.

Therapeutic Actions:

Antispasmodic, carminative, digestive stimulant, cholagogue, mild diuretic, mild laxative, sedative, tonic.

Enhances:

Inspiring, encouraging, warming, soothing, uplifting, refreshing, peacefulness, serenity, motivation and empathy

Reduces:

Anxiety, insomnia, depression, stress, panic, nervous tension, restlessness, sadness, hyperactivity

Uses:

Digestive system : Constipation, flatulence, lack of appetite.

Nervous system : Insomnia, depression, infant settling, sciatica, agitation.

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends well with:

Other citrus oils, Basil, Roman Chamomile, Lavender, Jasmine, Sweet Marjoram, Neroli, Palmarosa, Petitgrain, Rose, Sandalwood and Ylang Ylang.

Time for me – relaxing Bath		Digestive		Baby relaxing massage	
Mandarin	3	Mandarin	4	Mandarin	1
Frankincense	3	Peppermint	1	Lavender	1
Rose	2	Chamomile	1		
Total drops	8	Total drops	6	Total Drops	10
Dispersant	5 ml	In Carrier Oil	12 ml	Carrier	10 ml