

NEROLI

Citrus aurantium (10% in jojoba)
Gentle and cheerful

Source:	Morocco
Extraction:	Steam distillation of freshly picked flowers of the bitter orange tree.
Blending Factor:	3
Odour Note:	Middle

Characteristics:

This oil is a pale yellow liquid that darkens with age. Intense, light floral aroma.

Safety Precautions:

Nontoxic, non-irritating and non-sensitising.

History:

Neroli is a native of India and Southern China and was first cultivated in the Mediterranean region by Arabs in 10th century. This oil has been used traditionally as a sedative and for nervous conditions, sore throats and gastrointestinal complaints.

The flowers were named Neroli after a 17th century Italian princess designated the fragrance as her favorite perfume. It is one of the main essential oils in the classic Eau de Cologne.

Therapeutic Actions:

Antidepressant, antiseptic, antispasmodic, aphrodisiac, carminative, cordial, digestive, nervine

Enhances:

Happiness, love, sensuality, relaxation, self-confidence, cheering, loving, fulfilling, refreshing, and uplifting.

Reduces:

Anxiety, depression, fear, sadness, PMS, panic, self-doubt, emotional intensity

Uses:

Digestive system: Soothes intestinal spasms and colic

Nervous system: Settling babies and children, insomnia, depression

Skin: Beneficial for all skin types' especially mature, sensitive skin. Scarring and stretch marks.

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:

Citrus Oils, Clary Sage, Chamomile Roman, Frankincense, Geranium, Jasmine, Lavender, Palmarosa, Petitgrain, Rosemary, Rose, Rosewood, Sandalwood and Ylang Ylang.

Sensual Massage or Bath		Facial Skin Care		Relaxing Evening Massage or Bath	
Neroli	3	Neroli	3	Neroli	3
Patchouli	3	Chamomile Roman	2	Frankincense	3
Sandalwood	4	Frankincense	2	Clary Sage	2
Total drops	10	Total drops	7	Total Drops	8
In Carrier	20 ml	In -luxury blend	14 ml	Carrier	16 ml
Or Bath				Or Bath	