

## **Orange (Sweet)**

*Citrus sinensis*

Bottled sunshine

**Source:** Australia

**Extraction:** Cold expression of ripe outer peel.

**Blending Factor:** 4

**Odour Note:** Top

**Characteristics:** This oil a rich yellow – orange to dark orange liquid with a sweet fresh citrus jest odour.

### **Safety Precautions:**

Do not use more than 2 to 3 drops in the bath as it can be sensitive to the skin. Nontoxic, non-irritating and non-sensitising – slightly photo-sensitising

### **History:**

Orange is native to China where the dried peel has been used for centuries for colds, coughs and anorexia. Over the years this oils has been used extensively as a food flavoring additive to many of our every day foods.

### **Therapeutic Actions:**

Anti depressant, antiseptic, carminative, digestive, stomachic, lymphatic stimulant, sedative, tonic

### **Enhances:**

Joy, balance, creativity, pleasure, lovingness, sensuality, vitality, positive energy

### **Reduces:**

Anxiety, apathy, depression, stress, sadness, insomnia, insecurity, obsession, respiratory problems

### **Uses:**

**Respiratory system:** Bronchitis, chills.

**Nervous system:** Nervous tension, stress related conditions.

**Musculoskeletal system:** Muscular pain, obesity, water retention, palpitations

**Skin:** Cleansing to oily skin, eczema, acne, scars and psoriasis

### **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:**

<b>Let the Sun Shine -2</b>		<b>Anxiety - Palpitations</b>		<b>Fearful Situations</b>	
Orange	2	Orange	2	Orange	4
Peppermint	1	Ylang Ylang	4	Neroli	4
Sandalwood	2	Lavender	4	Vetiver	2
Total drops	5	Total drops	10	Total Drops	10
Vaporiser		In Carrier Oil	20 ml	Carrier	20 ml
		Or bath			

Bergamot, Clary Sage, Cypress, Frankincense, Geranium, Jasmine, Juniper, Lavender, Lemon, Myrrh, Neroli, Pettigrain, Rose, Rosewood, Sandalwood and Ylang Ylang.