

PETITGRAIN

Citrus aurantium

A calming toner

Source:	France
Extraction:	Steam distillation of leaves
Blending Factor:	4
Odour Note:	Top

Characteristics:

This essential oil is a pale yellow to amber liquid with fresh sweet, floral, odour and slight herbaceous/woody undertones.

Safety Precautions:

Nontoxic, non-irritating and non-sensitising

History:

Produced from the leaves of the bitter orange and is native to China. The name Petitgrain is derived from the French and means 'little seed', referring to the small unripe fruits from which the oil was originally obtained. Although most oil today comes from Paraguay, the oil from France is recognised as finer because of the care taken not to include any branch material or unripe fruit into the still.

Therapeutic Actions:

Antispasmodic, deodorant, nervine, nervous system and digestive stimulant, stomachic, tonic

Enhances:

Alertness, calmness, balance, emotional strength, harmony, inspiration, openness, refreshing, toning, rejuvenating, and strengthening

Reduces:

Anger, anxiety, confusion, frustration, hopelessness, insomnia, nervous exhaustion, sadness

Uses:

Nervous system: Nervous exhaustion – stress related conditions, anxiety; sedative effect calms the nerves and aids insomnia.

Skin: Oily skin, skin tonic

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:

Bergamot, Cedarwood, Clary Sage, Geranium, Jasmine, Lavender, Lime, Jasmine, Neroli, Orange, Palmarosa, Rosemary, Rosewood, Sandalwood and Ylang Ylang.

Calming Bath Soak		Male Invigorating Blend		Skin Tonic	
Petitgrain	3	Petitgrain	3	Petitgrain	2
Lavender	3	Lime	2	Geranium	3
Chamomile (roman)	2	Cypress	2	Bergamot	5
Total drops	8	Total drops	7	Total Drops	9
Bath		In Carrier Oil	14 ml	Carrier	18 ml
Dispersant	5 ml				