

Petitgrain

citrus aurantium var. amara 10ml

Petitgrain Essential Oil contains up to 80% esters such as linalyl acetate, geranyl acetate, neryl acetate, and terpinyl acetate, but oxidation can cause these to convert to acids so care must be taken to store the oil appropriately. The esters act as a balancer and are useful for inducing a sense of relaxation and lifting the mood, making Petitgrain a good essential oil for women with mood swings, stress, and anxiety.*

Petitgrain seems to have a soothing action on the emotions, especially in cases of panic, and could be useful for the transition stage of labor. Has been used successfully by midwives for new mother anxiety, as well as for those with postpartum "blues" or depression. There appears to be a powerful synergistic effect when used in conjunction with Jasmine and/or Neroli.*

USES

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser. Petitgrain's aromas can be useful in cases of panic, and could be helpful for the transition stage of labor.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic bottle, shake well, and mist into the environment as desired. Petitgrain has calming and soothing properties similar to Neroli, but it is slightly less sedating with a fresher perfume, so it can be used as a cheaper alternative to Neroli. It makes a lovely room fragrance and is particularly helpful for dealing with depression, either pre- or postnatally.*

bath

- **Bath:** Add 20 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath to help soothe the emotions.*

topical

- **Massage:** A very special massage mix can be made using all three oils from the orange tree; Petitgrain from the leaves and twigs, Neroli from the flowers, and Sweet Orange from the fruit peel. Add 5 drops of each to 1 ounce of carrier oil, cream, or lotion. Blended together they make a "total balance" oil, that can be used for those who are depressed.*
- **Skincare:** Petitgrain may be added to facial cleanser or used in a spray mister to combat oily skin.*
- **Skincare:** Use 1 drop neat (undiluted) as a good remedy for acne and skin blemishes.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*
 - **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
 - **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
 - **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 1

Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.

properties

Wildcrafted

Producing Organ: Leaves and Twigs

Extraction: Steam Distillation

Country of Origin: Paraguay

Main Chemical Constituents: Linalyl acetate, geranyl acetate, linalol

Therapeutic Properties: Antiseptic, antispasmodic, deodorant, digestive, nervine, stimulant (digestive, nervous), stomachic, tonic

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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