

SWEET ORANGE

citrus sinensis 10ml

goDésana
feel the pure plant difference



application

Aromatic • Bath • Internal • Topical

properties

Organic

Producing Organ: Peel

Extraction: Cold Expression

Country of Origin: USA

Safety Group: #2

Main Chemical Constituents: monoterpenes, mainly limonene

Therapeutic Properties: Anti-depressive, anti-inflammatory, antiseptic, anti-depressive, bactericide, antipyretic, carminative, choleric, digestive, fungicide, hypotensive, sedative, stimulates digestive and lymphatic systems, protects the gastric mucus of the stomach, tonifying [Julia Lawless, The Illustrated Encyclopedia of Essential Oils (Rockport, MA: Element Books, 1995), 122.]

uses

- Add 8-10 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath water. While the Sweet Orange fragrance is de-stressing you, the Dead Sea salt soak will relieve tension and muscle aches.
- Diffuse 10-12 drops in a cool mist essential oil diffuser to impart an energizing, uplifting aroma.
- Two drops of Sweet Orange essential oil in a teaspoon of honey stirred into a cup of tea taken before breakfast is a good way to start the day and may be especially helpful for those who are concerned with obesity and water retention.
- Sweet Orange essential oil is solvent and will often be included in blends to assist with cellulite. It can be used with a clay body mask for this purpose very effectively.

product summary

Sweet Orange is one of the most valuable essences to use for digestive complaints including nausea and vomiting, especially of biliary-type; constipation, diarrhea, loss of appetite, and possibly weight loss through its effect on fats.

Sweet Orange also has an affinity for the lymphatic system, bringing it into balance, which explains its success as a natural diuretic.

Sweet Orange is excellent for adding a bright, citrus flavor to a variety of dishes from desserts to sauces & marinades. It can be used in baked goods or as a refreshing addition to beverages.

responsible cautions

- Not generally toxic and has no particular contraindications. It is non-irritant and non-sensitizing; however, for those with particularly sensitive skin, you should be cautious as the limonene content could cause a mild dermatitis.
- Though most citrus have some degree of photo-toxicity, Sweet Orange is relatively safe in that respect. It is still probably a good idea to limit the exposure of skin to the sun when applying this oil.
- 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.