

Blood Orange

citrus sinensis 10ml

The uplifting and stimulating scent of Blood Orange essential oil is known to have anti-depressant, antiseptic, anti-spasmodic, and aphrodisiac properties. It is a warm, fresh citrus scent - radiant, fruity and tangy.*

There is some historical evidence that the blood orange hybrid first appeared in Southern Europe around 1850 and was then brought to North America many decades later by Spanish and Italian immigrants.*

Blood Oranges get their distinctive dark flesh color from the presence of anthocyanins, antioxidant pigments common to many flowers and fruit, but rare in citrus fruits. Anthocyanins, however, are odorless and water-soluble, therefore they do not appear in the essential oil.*

Blood Orange is very similar to Sweet Orange therapeutically, but its aroma is deeper and more intense.*

USES

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in 5 minute intervals throughout the day to impart an energizing, uplifting aroma.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as desired.*
- **Misting:** Mix 15 to 20 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well and spray for a refreshing aroma.*

bath

- **Bath:** Add 8 to 10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water. While the Blood Orange fragrance is de-stressing you, the salt soak will relieve tension and muscle aches.*

internal

- **Tea:** Two drops of Blood 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.*

topical

- **Cellulite:** Blood 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.*

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 • Internal • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

properties

Organic

Producing Organ: Peel

Extraction: Cold Expression

Country of Origin: Italy

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

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, Blood 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.

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