

# Green Mandarin

**citrus reticulata** 10ml

In France, Green Mandarin is regarded as a safe children's remedy for indigestion, hiccups, etc., and for the elderly since it helps strengthen the digestive function and liver.\*

Green Mandarin is often used for children and pregnant women and is recommended in synergistic combinations with other citrus oils.\*

Children particularly appreciate the fragrance, which is somewhat like candy. It invites us to play and nourish the child within and to not become overwhelmed by our problems; to live a calm and simple life, and to look at everything through the innocent eyes of a child. It is safe to diffuse during pregnancy, where its cheerfulness can help an anxious new mother-to-be.\*

## uses

### aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser as an effective remedy for insomnia, nervous tension, and a state of agitation. It is particularly useful for children and pregnant women at bedtime.\*
- **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. Use whenever you are feeling anxious, overwhelmed, or stressed and need strength to keep going.\*

### bath

- **Bath:** Add 8 to 10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water to benefit those suffering from poor circulation, water retention, obesity, and cellulite.\*

### topical

- **Acne/Blemishes:** Use 1 drop neat (undiluted) as a good remedy for acne and skin blemishes.\*
- **Massage:** Add 10 to 20 drops to cream or lotion to aid poor circulation, water retention, obesity, and cellulite. Especially helpful in leg/ankle massage for water retention.\*

### 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.\*

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## 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:** Unripened fruit

**Extraction:** Cold Expression

**Country of Origin:** Italy

**Main Chemical Constituents:** Limonene, methyl methyl-anthranilate, geraniol

**Therapeutic Properties:** Antiseptic, antispasmodic, carminative, digestive, diuretic (mild), laxative (mild), sedative, stimulant (digestive and lymphatic), tonic

## responsible cautions

- Although the least photo-toxic of all the citrus fruits, may still cause some burning in those with very pale or sensitive skin if exposed to sunlight after application.
- Avoid in allergic skin conditions.
- 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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