

Neroli

citrus aurantium var. amara 5ml

Neroli, extracted from Orange Blossoms, has an exquisite, sweet fragrance with a touch of bitterness. It is one of the highest priced Essential Oils and its benefits make it worth every penny.*

Neroli makes a wonderful facial oil, good for dry or sensitive skin, and it will help regenerate skin cells. It is one of the very best Essential Oils to use for nervous tension or as an "anti-panic" rescue oil because it is so calming and relaxing. It is rumored to have aphrodisiac qualities and is also a deeply peaceful oil. Neroli is excellent to use during pregnancy for its ability to promote healthy skin cells.*

Neroli offers the gift of strength and courage that helps us see life's beauty. It helps treat psychosomatic illness when used in a diffuser, the bath, a compress, or as massage oil.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser in 15 minute intervals throughout the day.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as needed for shock and stress-related conditions.*
- **Inhalation:** Apply 5 or 6 drops to a tissue or cotton ball and insert into the pillowcase for psychological relief and for counteracting insomnia.*
- **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 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 salt and add to a warm tub of water every evening, seven days prior to the onset of menstruation.*

internal

- **Water:** Mix 1 drop in a teaspoon of honey in water two to three times a day to assist with chronic diarrhea.*
- **Honey:** Mix 2 drops with a teaspoon of honey and take for exam anxiety.*

topical

- **Massage:** Add 10 to 20 drops to lotion or carrier oil and use for massage to assist with regulating heart rhythm and to help reduce cramp-like heart conditions.*
- **Massage:** Apply 2 drops to the crown chakra to strengthen your inner being and build a protective shield. When we are easily angered, the oil helps us shift our mood to allow us to experience life with joy and calm.*
- **Skin:** Apply 1 to 2 drops neat (undiluted) for acne, sensitive and inflamed skin, and small broken blood vessels under the skin's surface.*

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: 1

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

properties

Wildcrafted

Producing Organ: Flowers

Extraction: Steam Distillation

Country of Origin: Italy

Main Chemical Constituents: Linalol, linalyl acetate, limonene

Therapeutic Properties: Antidepressant, antiseptic, antispasmodic, aphrodisiac, bactericidal, carminative, cicatrizant, cordial, deodorant, digestive, fungicidal, hypnotic (mild), stimulant (nervous), tonic (cardiac, circulatory)

responsible cautions

- Non-toxic, non-irritant, non-sensitizing, non-phototoxic.
- 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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