

Red Mandarin

citrus reticulata 10ml

Mandarins originated mainly in south China, and were introduced to Europe in the early 1800s. They were brought from Italy to the United States around 1840. Also known as Tangor and/or Temple Orange, the Red Mandarin is named after the deep colour of its rind and is well-known for its candy-sweet, citrusy yet slightly floral aroma. Red Mandarins are picked at full maturity, when the fruit is at its sweetest, most juicy stage.*

One of the safest essential oils, Red Mandarin is an uplifting, cheerful oil extracted from mature mandarin fruit. It is especially recommended for use with children and during pregnancy, and its uplifting, cheerful aroma has been shown to calm anxiety. Its calming effects on the nervous system make it beneficial for soothing restlessness, and it may be helpful for hyperactivity in children.*

In France, Red Mandarin has long been regarded as a safe, effective remedy for children and the elderly for hiccups and indigestion. It can help strengthen both digestive function and the liver.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 15 drops with a cool-mist essential oil diffuser in 5 minute intervals throughout the day to enhance mood and purify the air.*
- **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 as desired to lift the emotions and impart a refreshing citrus scent.*

bath

- **Bath:** Combine 8 to 10 drops with ½ to 1 cup of Pink Himalayan or Dead Sea bath salts and add to warm water.*

internal

- **Internal:** Add 1 to 2 drops in a glass of water and used as a mouthwash and gargle may assist mouth ulcers, bad breath, and general inflammation.*

topical

- **Wrists & Feet:** Apply 1 to 2 drops to wrists and/or feet to support emotional balance and impart an uplifting cheerful aroma.*
- **Perfume/Cologne:** For a safe, healthier alternative to synthetic fragrances, apply 1 to 2 drops on pulse points behind the ears, at the base of the throat, on the wrists, inside the elbows, and behind the knees.*
- **Topical Dilution Guidelines:** Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.*
 - **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: Peel

Extraction: Cold Expression

Country of Origin: Italy

Main Chemical Constituents: limonene, geraniol, citral

Therapeutic Properties: Antiseptic, antispasmodic, carminative, digestive, diuretic (mild), laxative (mild), sedative, stimulant (digestive and lymphatic), tonic [Julia Lawless, "The Illustrated Encyclopedia of Essential Oils" (Rockport, MA: Element Books, 1995), 121.]

responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- May be phototoxic; do not expose skin to direct sunlight for 24 hours after application.
- 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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