

Sweet Orange

citrus sinensis 10ml

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.*

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 Sweet Orange fragrance is de-stressing you, the salt soak will relieve tension and muscle aches.*

internal

- **Tea:** 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.*

topical

- **Cellulite:** 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.*

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: USA

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, 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.

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