

Tangerine

citrus reticulata 10ml

Tangerine is much imitated, and the true Essential Oil helps to cheer, inspire, and strengthen. Children and pregnant women usually love this fragrance, but the young at heart also find it enjoyable. The fragrance is sweet, sparkling, fresh, young, and lively.*

Tangerine helps ease tension, fear, sadness, irritability, and insomnia. In the kitchen, Tangerine Oil is ideal for flavoring puddings, cakes, lemonade, drinks, ice cream, and liqueurs.*

USES

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 15 minutes per hour as desired throughout the day to freshen air and lift mood.*
- **Inhalation:** Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale for a quick pick-me-up.*
- **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 into environment as desired for a bright, uplifting aroma.*

bath

- **Bath:** Add 8 to 10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water to assist and help support your body in easing tension, fear, sadness, irritability, and insomnia.*

topical

- **Compress:** Mix 2 to 4 drops in 1 pint of hot or cold water; soak a towel in water and apply on the desired location. Cover the area with a dry towel and heating pad or ice pack.*
- **Lotion/Massage:** Add to lotion or carrier oil and use for a massage to relieve premenstrual symptoms and stomach, liver, or gallbladder problems.*

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 • 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: Germany

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

- Non-toxic, non-irritant, non-sensitizing.
- For those with particularly sensitive skin, be cautious as the limonene content could cause mild dermatitis.
- May be slightly photo-toxic.
- 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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