

# ORANGE, BLOOD

*Citrus sinensis*



Essential Singles

ENERGIZING,  
EXOTIC,  
SWEET

There is some historical evidence that the blood orange hybrid first appeared in Southern Europe around 1850 and was then brought to North America many decades later by Spanish and Italian immigrants. In the former British Empire, blood oranges were called "Maltese" oranges. They are closely related to 'Jaffa' orange varieties. Some writers have theorized that Jaffa is a blood orange varian.

The uplifting and stimulating scent of Blood Orange Essential Oil is considered to have anti-depressant, antiseptic, anti-spasmodic, and aphrodisiac properties. It is a warm, fresh citrus scent; radiant, fruity and tangy. Blood Orange is more intensely aromatic than Sweet Orange.

Available in: 10ml Bottle

## daily uses

### BATH

- Mix 20 drops in a warm bath.

### DIFFUSION

- Diffuse 20-30 minutes per hour to create an uplifting, sanitary, and creative environment.

### INHALATION

- Can be used alone for diffusion or for direct inhalation.
- For a quick pick me up, inhale a drop or two from a tissue or cotton.

### INTERNAL

- Orange is certified as GRAS ("Generally Regarded As Safe" for internal use) by the U.S. Food & Drug Administration and is widely used in the food industry. Add a drop to a teaspoon of honey and stir into warm water for a soothing tea.
- Add 1 to 2 drops to a glass of water or to a teaspoon of honey and make tea.
- Add 4 - 6 drops of Orange Essential Oil to 33-liter glass bottle of filtered water for a daily refresher, lymphatic supporter, and cellulite dissolver.
- Add 2 - 4 drops to tablespoon of honey, mix well, add to cup of hot water for tea.

### MESSAGE

- Add 5-10 drops to 1 tbsp of carrier oil and massage into skin using a clockwise motion.

### MISTING SPRAY

- Mix 10 drops Roman Chamomile with 20 drops Lavender and 1 oz massage oil for a relaxing and soothing massage.

### TOPICAL

- Orange can often be included into a blend of essential oils to eliminate cellulite. It can be used with a clay body mask for this purpose very effectively.
- Apply 1 drop neat to pimples and small facial blemishes
- Blend with Lavender Essential Oil and apply to the nose, neck, abdomen, and lower back. May aid in depression.

### RESPONSIBLE CAUTIONS

Generally non-toxic, non-irritant, and non-sensitizing. Avoid use in prolonged sunlight exposure.

## attributes

### PRODUCING ORGAN

Peel

### EXTRACTION

Cold expression

### COUNTRY OF ORIGIN

### PROPERTIES

Anti-anxiety, Anti-bacterial, Anti-depressant, Anti-emetic, Anti-inflammatory, Anti-microbial, Anti-oxidant, Anti-septic, Anti-spasmodic, Anti-viral, Carminative, Digestive stimulant, Digestive tonic, Disinfectant, Immune support, Lymphatic support, Sedative, Stimulant, Stomachic.



### QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

