

Green Mandarin

Citrus reticulata var. deliciosa

Therapeutic Properties: *Antiseptic, antispasmodic, carminative (flatulence expelling), digestive, bland diuretic, bland laxative, sedative, stimulates the digestive and lymphatic systems, tonifier*

In France, it is regarded as a safe children's remedy for indigestion, hiccoughs, etc., and for the elderly since it helps strengthen the digestive function and liver. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 121.]

Often used for children and pregnant women and is recommended in synergistic combinations with other citrus oils. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element books, 1995), 121.]

Children particularly appreciate the fragrance, which is somewhat like candy. It invites us to play and nourish the child within and to not become overwhelmed by our problems; to live a calm and simple life, and to look at everything through the innocent eyes of a child. It is safe to diffuse during pregnancy, where its cheerfulness can help an anxious new mother-to-be.

aromatherapy & home uses

Circulation, Muscles, and Joints: Fluid retention, obesity.

Digestive System: Digestive problems, dyspepsia, hiccups, intestinal problems.

Nervous System: Insomnia nervous tension, restlessness.

Skin Care: Acne, congested and oily skin, scars, spots, stretch marks, toner.

suggested usage (10 years & up)

BATH:

- 10 drops Green Mandarin and 10 drops Grapefruit in ½ cup of Dead Sea salt in a hot bath will benefit those suffering from poor circulation, water retention, obesity, and cellulite.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.
- 10-20 drops of Green Mandarin diffused into the air is an effective remedy for insomnia, nervous tension, and a state of agitation. It is particularly useful for children and pregnant women at bedtime.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired. Use whenever you are feeling anxious, overwhelmed, or stressed and need strength to keep going.

TOPICAL

- Add 10-20 drops to cream or lotion to aid poor circulation, water retention, obesity, and cellulite.
- Green Mandarin has very similar properties to Tangerine Essential Oil – calming, gentle and cheery – but it has a slightly fresher smell. In leg and ankle massages, Green Mandarin can ease fluid retention.
- Use 1 drop neat as a good remedy for acne and skin blemishes.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Although the least photo-toxic of all the citrus fruits, it could still cause some burning in those with very pale or sensitive skin if exposed to sunlight after application.
- Avoid in allergic skin conditions.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Wildcrafted

GRAS Certified

Producing Organ: *Unripened fruit*

Extraction: *Cold Expression*

Country of Origin: *Italy*

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals 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.

pregnancy & children

Topical

- Infant to 3 months - 1 drop in 10 ml carrier oil
- 3 months to 3 years - 2 drops in 10 ml carrier oil
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - 1 drop in 1 tablespoon of *Baby Bliss Shampoo & Body Wash*
- 3 to 5 years - 3 drops in ¼ cup *Pink Himalayan Salt*
- 5 to 10 years - 6 drops in ¼ cup *Pink Himalayan Salt or Clay Vitality*
- Pregnancy - safe when used as directed

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

10ml Bottle



QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.