

Neroli

Citrus aurantium var. amara

Therapeutic Properties: *Antidepressant, antiseptic, antispasmodic, aphrodisiac, bactericidal, carminative, cicatrisant, cordial, deodorant, digestive, fungicidal, hypnotic (mild), stimulant (nervous), tonic (cardiac, circulation).*

Neroli, extracted from Orange Blossoms, has an exquisite, sweet fragrance with a touch of bitterness. It is one of the highest priced Essential Oils and its benefits make it worth every penny.

Neroli makes a wonderful facial oil, good for dry or sensitive skin, and it will help regenerate skin cells. It is one of the very best Essential Oils to use for nervous tension or as an "anti-panic" rescue oil because it is so calming and relaxing. It is rumored to have aphrodisiac qualities and is also a deeply peaceful oil. Neroli is excellent to use during pregnancy for its ability to promote healthy skin cells.

Neroli offers the gift of strength and courage that helps us see life's beauty. It helps treat psychosomatic illness when used in a diffuser, the bath, a compress, or as massage oil.

aromatherapy & home uses

Circulation, Muscles, and Joints: Palpitations, poor circulation.

Digestive System: Anxiety, depression, nervous tension, PMS, shock, stress-related conditions; most important use is with the emotions.

Skin Care: Scars, stretch marks, thread veins, mature and sensitive skin, tones the complexion, wrinkles.

suggested usage (10 years & up)

BATH:

- Add 10 drops Neroli in ½ cup of Dead Sea Salt in a warm bath. Take a Neroli bath every evening, seven days prior to the onset of menstruation.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Apply 5 or 6 drops to a tissue and insert into the pillowcase for psychological relief and for counteracting insomnia.
- It is also an Essential Oil that has antidepressive and anti-anxiety properties. Use direct inhalation for shock and stress-related conditions.

INTERNAL

- 1 drop in a teaspoon of honey in water two to three times a day to assist with chronic diarrhea.
- For exam anxiety, take 2 drops of Neroli Essential Oil with honey.

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

- Neroli Essential Oil is beneficial for the heart since it is known to regulate heart rhythm and help reduce cramp-like heart conditions. Add 10-20 drops to cream or lotion.
- Neroli is helpful for people who have become thin-skinned; it can strengthen their inner being and build a protective shield. When we are easily angered, the oil helps us shift our mood to allow us to experience life with joy and calm; apply 2 drops to the Crown Chakra.
- Since it does not irritate, Neroli may be used neat for acne, the treatment of sensitive and inflamed skin, and small broken blood vessels under the skin's surface.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Wildcrafted

Producing Organ: *Flowers*

Extraction: *Steam Distillation*

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

5ml 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.