

Petitgrain

Citrus aurantium var. amara

Therapeutic Properties: *Antibacterial, antidepressant, antihypertensive, anti-infectious, antiparasitic, antiseptic, antispasmodic, calmative, deodorant, nervine, stimulant (digestive, nervous), stomachic, tonic*

Petitgrain Essential Oil contains up to 80% esters such as linalyl acetate, geranyl acetate, neryl acetate, and terpinyl acetate, but oxidization can cause these to convert to acids so care must be taken to store the oil appropriately. The esters act as a balancer and are useful for inducing a sense of relaxation and lifting the mood, making Petitgrain a good Essential Oil for women with mood swings, stress, and anxiety.

Petitgrain seems to have a soothing action on the emotions, especially in cases of panic, and could be useful for the transition stage of labor. Has been used successfully by midwives for new mother anxiety, as well as for those with postpartum 'blues' or depression. There appears to be a powerful synergistic effect when used in conjunction with Jasmine and/or Neroli.

aromatherapy & home uses

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

Digestive System: Anxiety, depression, nervous tension, PMS, shock, stress-related condition; 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:

- Mix 20 drops Petitgrain in ½ cup of Dead Sea Salt in a warm bath to help soothe the emotions.

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 Petitgrain diffused into the air is useful in cases of panic, and could be useful for the transition stage of labor.

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.
- Petitgrain has calming and soothing properties similar to Neroli, but it is slightly less sedating with a fresher perfume, so it can be used as a cheaper alternative to Neroli. It makes a lovely room fragrance.
- It is particularly helpful for dealing with depression, either pre- or postnatally.

TOPICAL

- A very special massage mix can be made using all three oils from the orange tree; Petitgrain from the leaves and twigs, Neroli from the flowers, and Sweet Orange from the fruit peel. Add 5 drops of each to 1 ounce of carrier oil, cream, or lotion. Blended together they make a "total balance" oil, that can be used for those who are depressed.
- Petitgrain may be added to facial cleanser or used in a spray mister to combat oily skin.
- Use 1 drop neat as a good remedy for acne and skin blemishes.

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: *Leaves and Twigs*

Extraction: *Steam Distillation*

Country of Origin: *Paraguay*

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.