

TANGERINE

citrus reticulata 10ml



application

Aromatic • Internal • Topical

properties

Wild-crafted

Producing Organ: Peel

Extraction: Cold Expression

Country of Origin: Germany

Safety Group: #1

Main Chemical Constituents: limonene, citronella, geraniol

Therapeutic Properties: Antiseptic, antispasmodic, carminative, digestive, diuretic (mild), laxative (mild), sedative, stimulant (digestive and lymphatic), tonic

uses

- Add 8-10 drops to ½ cup Clay Vitality or 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.*
- Mix 2-4 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.*
- Diffuse 10-12 drops in a cool mist essential oil diffuser.*
- Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired for a fresh, uplifting aroma.*
- Add 2-3 drops for a fresh, citrus flavor in recipes.*
- For grief, inhale 1-2 drops from the palms of your hands or apply over the heart.*

product summary

This 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 as a flavoring for puddings, cakes, lemonade, drinks, ice cream, and liqueurs.*

Like both Red and Green Mandarin, Tangerine holds a place of significance in Chinese culture and herbal medicines.*

Tangerine can soothe inflammation and hyperactivity in the respiratory, circulatory, digestive, nervous, and excretory systems.*

Tangerine can improve circulation of both blood and phlegm, boost digestion, and help to maintain oil and moisture balance in the skin. It can be used to ease constipation and to treat diarrhea, flatulence, rashes, cracked skin, hair problems, and dandruff.*

Tangerine can assist with keeping your stomach in a good condition by maintaining a proper flow of digestive juices and maintains the right balance between the acid and bile so that excess acids are neutralized.*

responsible cautions

- Those with particularly sensitive skin should be cautious as the limonene content could cause mild dermatitis.
- May be slightly photo-sensitizing; be cautious with sun exposure for at least 24 hours after topical application.
- 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.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.