

Orange, sweet

Citrus sinensis

Therapeutic Properties: *Anti-depressive, anti-inflammatory, antiseptic, anti-depressive, bactericide, antipyretic (reduces fevers), carminative (flatulence expelling), choleric (increases production of bile), digestive, fungicide, hypotensive, sedative (for nervous conditions), stimulates digestive and lymphatic systems, protects the gastric mucus of the stomach, tonifying.*

Sweet Orange is one of the most valuable essences to use for digestive complaints including nausea and vomiting, especially of biliary-type; constipation, diarrhea, loss of appetite, and possibly weight loss through its effect on fats. Sweet Orange also has an affinity for the lymphatic system, bringing it into balance, which explains its success as a natural diuretic.

aromatherapy & home uses

Circulation, Muscles, and Joints: Obesity, palpitations, water retention.

Digestive System: Constipation, dyspepsia, spasm.

Immune System: Colds, flu.

Nervous System: Nervous tension and stress-related conditions.

Respiratory System: Bronchitis, chills.

Skin Care: Dull and oily complexions, mouth ulcers.

suggested usage

BATH:

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water. While the Sweet Orange fragrance is de-stressing you, the Dead Sea salt soak will be relieving the tension and pain from your muscles.

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.

INTERNAL

- Two drops of Sweet Orange Essential Oil in a teaspoon of honey stirred into a cup of tea taken before breakfast is a good way to start the day and may be especially helpful for those who are concerned with obesity and water retention.

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. Sweet Orange is a warm and sensuous oil often combined with Cinnamon and Clove Essential Oils, particularly in misters or potpourris for the holidays.

TOPICAL

- Sweet Orange Essential Oil is solvent and will often be included in blends to assist with cellulite. It can be used with a clay body mask for this purpose very effectively. Add to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or the carrier oil of your choice, adhering to the dilution guidelines on the right of this document.
- The analgesic effects of the monoterpenes in Sweet Orange indicate it may be helpful in labor. It is thought to reduce edema, so it could be good to use in late pregnancy and early postnatally for swollen ankles and feet (it is safer than some oils recommended to reduce edema).

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Though most citrus oils have some degree of phototoxicity, Sweet Orange is relatively safe in that respect. It is still a good idea to limit the exposure of skin to the sun when applying this oil.
- Those allergic to citrus should avoid.
- 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

Producing Organ: Peel

Extraction: Cold Expression

Country of Origin: USA

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 - *not recommended*
- 3 months to 3 years - *not recommended*
- 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 starting in the 2nd trimester at a 3% dilution (15 drops per 1 ounce)*

Bath

- Infant to 3 months - *not recommended*
- 3 months to age 3 years - *not recommended*
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan salt or Clay Vitality
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

Remember that blends, because of the smaller percentage of 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 goDésana 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

goDésana 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.

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