

Tangerine

Citrus reticulata

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*

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 for flavoring puddings, cakes, lemonade, drinks, ice cream, and liqueurs.

aromatherapy & home uses

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

Digestive System: Constipation, dyspepsia, spasms.

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 to assist and help support your body in easing tension, fear, sadness, irritability, and insomnia. Tangerine Essential Oil mixes well with Sandalwood, Bergamot, and Coriander Seed.

COMPRESS

- Mix 2-4 drops of Tangerine Essential Oil 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.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed to support lungs.

MISTING

- Mix 5 drops per 1 ounce of distilled water in a cobalt blue glass or PET plastic bottle, shake well, and mist into environment as desired.

TOPICAL

- Historically, Tangerine Essential Oil has been known to be a good remedy for premenstrual syndrome, and may be beneficial in treating stomach, liver, and gallbladder problems. Add to goDesana 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.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- For those with particularly sensitive skin, you should be cautious as the limonene content could cause mild dermatitis.
- May be slightly photo-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

GRAS Certified

Producing Organ: *Peel*

Extraction: *Cold Expression*

Country of Origin: *Germany*

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 Grape Seed 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 - 2 drops 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 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.