

Mandarin (Red) Organic Essential Oil (10ml)

 lilyandloafinternational.com/products/mandarin-10ml

Lily and Loaf
Citrus reticulata

£ 19.81 GBP

7120

- Diffuse to lift mood and spirit, reducing anxiety and tension, for relaxation and restful sleep
- Massage after blending to stimulate circulation, detoxify and rejuvenate skin
- Apply diluted to clarify oily skin, rejuvenate mature skin
- Blends well with Lemon, Clary Sage, Lavender & Frankincense
- Full 90-day money-back guarantee

Sweet, floral, fruity aroma lifts the spirit, lightens the mood and promotes calmness and wellbeing. The tangy, sweet fragrance reduces negativity and promotes contentment.

Mandarin essential oil is obtained by cold compression of the fruit peel. Native to Southern China and the Far East, the mandarin orange was brought to Europe in 1805 and to America in 1845.

This oil is very gentle and has a tonic and stimulating effect on the digestive system. It is also useful for balancing and toning oily skin and can be applied to stretch marks. Known for promoting calmness and uplifting the mood, mandarin oil's uplifting aroma helps reduce negativity, anxiety, tension and stress. It promotes deep, restful sleep, and supports feelings of contentment and wellbeing.

The sweet, aroma is often used in calming and relaxing blends. Its pleasing fragrance has a soothing effect to aid restful sleep, relaxation and reduce restlessness. The uplifting and relaxing aroma is ideal for treating negative emotional conditions such as anxiety, stress, irritability, and restlessness.

Aromatic Description: Sweet, floral

Plant Part: Fruit peel/zest

Source: Italy

Extraction method: Cold expression

How to use essential oils

Massage – Both body and facial massage can benefit from the intoxicating aroma of essential oils. Always ensure that you add the essential oil to a carrier oil first, and never apply directly to your skin. A carrier oil, also known as base oil, is used to dilute essential oils before they are applied to the skin.

Bathing – There is no better way to unwind than in an essential oil bath, calming oils like Lavender and Clary Sage are especially relaxing. Add 5-10 drops in a bath and disperse vigorously before entering the bath.

Steam inhalation – This is a really good way of helping to relieve blocked sinuses or congestion. Eucalyptus is one of the most popular oils for this. Fill a large bowl with hot (not boiling water), add 3-4 drops of your chosen oil then lean over the bowl placing a towel over your head and slowly breathe in until you start to feel relief.

Diffusers – There are many diffusers available, one of the most popular being an ultrasonic diffuser which uses water to create a fine mist. These are a great way of enjoying oils throughout the day in your home or office space. Citrus oils are particularly uplifting. Ideally leave your diffuser on for up to an hour at a time, leaving it off for a similar amount of time.

Cautions

Possible skin sensitivity - may cause skin sensitising or irritation. When applying citrus oils do not expose skin to direct sunlight or UV light for 72 hours. External use only. Do not use undiluted on the skin. Avoid contact with eyes, ears, mucus membranes, and sensitive areas. If you are pregnant, nursing, or using prescription medication, consult your Doctor or qualified health care practitioner before using essential oils. Not recommended for use on children under 12 years. Store in a cool dry place, out of reach and sight of children. Do not ingest essential oils. Never use undiluted.

Why should I buy from Lily & Loaf?

Lily & Loaf embrace a natural, holistic approach to health and beauty, and value equally daily nutrition for the body and nutritional care for the skin. These strict standards for top quality suppliers ensures that every product is free from harmful toxins, pollutants and animal cruelty, but also crafted in accordance with the ethical and sustainability values held. Lily & Loaf offers only premium, natural, eco-friendly products that are free from questionable manufacturing methods used in many mass-produced products today. There is also great support from a brilliant, independent Advisory Board - a group of highly qualified and experienced scientists, herbalists, practitioners, and health consultants with a wealth of expert knowledge and experience. And of course our 90-day money back guarantee!

90-Day Money Back Guarantee

We deliver the very best quality and service to all our customers and every product we sell has a no quibble 90-day money back guarantee. If you are not completely satisfied with your purchase, you may return your unused product or empty container to us within 90 days for a full refund. What have you got to lose?

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Ingredients

Citrus reticulata

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Recommended Use

- Massage or topical use - Add 3-5 drops per 10ml of carrier oil
- Diffuser - Add 4-5 drops to cold water
- Inhalation - Add 2-3 drops to hot water
- Bathing - Add 5-10 drops to water or carrier oil, stir into bathwater

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