



# Tangerine

## *Citrus Tangerinia Essential Oil*

This zesty and uplifting oil is great at relieving stress and digestive problems as well as increasing circulation to the skin.

Size: 15ml

Size: 5ml

### APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

### Primary Benefits

Supports a healthy and strong immune system, prevent stretch marks when pregnant, uplifting and supports positive mood, cleansing and purifying, contains powerful antioxidants

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Internal use:** Dilute one drop in 4 fl. oz. of liquid

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Tangy, sweet, fresh

### Collection Method

Cold Compression

### Plant Part

Peel/Rind

### Main Constituents

Limonene

### Description

Tangerine is soothing to the nervous system and has a tonic effect on the digestive system. This essential oil provides important antioxidants that support a healthy immune and respiratory system. Tangerine can be used to help soothe anxious feelings and manage stress. It is also a wonderful addition to your morning smoothie.

### Uses

-Diffuse to reduce stress and tension, while also boosting the digestive system

-Add to carrier oil or bath assist nervous system, reduce flatulence, constipation, and other digestive complaints

-Add to base cream to help prevent stretch marks when pregnant

-Add 1-2 drops to your morning smoothie

-Diffuse to uplift mood and calm anxiety

### Properties

antiseptic, antispasmodic, cytophylactic, depurative, sedative, stomachic and tonic.

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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