

## ORANGE ESSENTIAL OIL

The Sweet Orange is the fruit of the Citrus Sinensis tree an evergreen, flowering tree. Growing to around 9 to 10 metres, the tree has dark green leaves, white flowers and produces round orange-coloured fruit. The essential oil is cold pressed from the ripe outer peel of the fruit. With its sunny and radiant aroma, the essential oil is energising and promotes feelings of happiness and warmth.

<b>Botanical Name</b>	<i>Citrus sinensis</i>
<b>Plant Part</b>	Ripe outer peel
<b>Actions</b>	Comforting, refreshing, soothing, uplifting, warming,
<b>May Help</b>	Depression, insomnia, indigestion, apathy, sadness, anxiety, appetite loss
<b>Fragrance Note</b>	Top
<b>Blends with</b>	Citrus oils, Clary Sage, Lavender, Neroli



### Suggestions for use:

LET THE SUNSHINE IN BLEND	
Orange (sweet)	3
Geranium	3
Frankincense	2
Ylang Ylang	2
In a Vaporiser	

EASE YOUR CONCERNS BLEND	
Orange (sweet)	3
Bergamot	3
Geranium	2
Ylang Ylang	2
In a Vaporiser	

\*Quantity shown refers to number of drops of essential oils

### Cautions

Possibly photo-sensitising - increasing the burning effect of the sun and UV light. Avoid use, in massage or bath, prior to sun or UV exposure. May cause irritation - Do not use on the skin in concentrations higher than 1%.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.