



SWEET ORANGE Essential Oil



Botanical Name: *Citrus sinensis*

Main Constituents:

d-Limonene: 95.20%

Aldehydes: 1.42%

Plant Part: Fruit Peel

Origin: Brazil

Processing Method: Cold Pressed

Child Safe: Yes

Description / Color / Consistency: A thin, yellowish orange to golden brown liquid.

Aromatic Summary / Note / Strength of Aroma: A middle note with a medium aroma, Orange Essential Oil has a sweet, citrus smell like the orange peels from which it is derived, but more intense and concentrated.

Product Abstract: Orange is derived from an evergreen tree. It is smaller than the bitter orange tree, and less hardy with fewer or no spines. The fruit itself has a sweet pulp with no bitter membrane. It is believed that sweet orange was brought to Europe by the Arabs in the First century along with the bitter orange.

Emotional/Energetic Qualities

Unblocks and circulates stagnant energy
Soothes the perfectionist who can't tolerate mistakes
Calms tension and an overwhelmed mind
Emotionally uplifting: eases pessimism
Calming and relieving for anxiety

Therapeutic Properties

Analgesic: Studies cited by Guimarães *et al.* (2013) suggest that d-limonene has significant antinociceptive, anti-inflammatory, and antioxidant actions. It's possible that citrus oils with high d-limonene content, such as Sweet Orange, might also have these actions.

Anti-inflammatory: Inhibition of 5-LOX (Baylac and Racine 2003) suggests anti-inflammatory potential. Hirota *et al.* (2010) noted that limonene has considerable anti-inflammatory activity.



Antibacterial: Lang and Buchbauer (2012) noted that limonene was a prevalent component in oils that have good antibacterial activity.

Antidepressant: Hongratanaworakit and Buchbauer (2007) found that massage with Sweet Orange oil (unaccompanied by olfactory stimulation) was relaxing, and inspired feelings of cheerfulness and vigor.

Antioxidant: Sweet Orange oil has good antioxidant activity (Singh *et al.* 2010).

Antiviral: Although there is no research to support that Orange oil is antiviral, many Aromatherapists feel citrus oils high in d-limonene can assist with overcoming a virus. This might be due to the ability of d-limonene to activate white blood cells and fight infection.

Astringent: Many citrus oils, including Orange, can tone the skin and reduce secretions.

Digestive aid: The scent of Orange can stimulate saliva and gastric secretions. Many people find that it can relieve constipation, cramps, irritable bowel syndrome, nausea, and vomiting.

Diuretic: It has been observed that massage with Sweet Orange oil can increase diuresis.

Immunostimulant: With its antibacterial and good antioxidant actions, anti-inflammatory effects, and activating, tonic impact on the mind and body, Orange essential oil can be used to help support the immune system and promote well-being.

Liver support/protector: d-Limonene can increase the rate of synthesis of glutathione S-transferase in the liver. This is an important enzyme in detoxification pathways (Tisserand and Young 2014). Bodake *et al.* (2002) and Ozbek *et al.* (2003) noted that d-limonene had hepatoprotective action.

Sedative: Inhalation of d-limonene has anxiolytic action (Lima *et al.* 2012), suggesting it's involved in the calming, anxiety-relieving effects of Sweet Orange (Faturi *et al.* 2010, Goes *et al.* 2012). A study focusing on the use of Sweet Orange oil in Aromatherapy Massage concluded that sedative effects were due to olfactory/cognitive influences rather than direct systemic action (Fewell *et al.* 2007).

Skin penetration enhancer: d-Limonene, the principal component, enhances skin penetration (Takayama and Nagai 1994).

Tonic: Sweet Orange oil has demonstrated a range of actions that can strengthen and restore vitality.

Digestive support: Orange oil is one of the best choices in a blend for digestive disorders. It reduces constipation, gas, abdominal spasms, nausea, and vomiting. It's also used for irritable bowel syndrome.

Mood and cognition: Orange is such a bright, uplifting oil, and adds a fresh, happy note to any blend!

Musculoskeletal: Orange is very useful for pain and inflammation. Try combining it with Lavender, Geranium, and Peppermint.



Skincare: Orange is a useful antiseptic, and has anti-inflammatory and astringent qualities. It blends well with Lavender, Geranium, Helichrysum, Palmarosa, Clary Sage, Neroli, Jasmine, Patchouli, and Sandalwood.

Safety

Generally non-toxic, non-irritant and non-sensitizing. Always test a small amount first for sensitivity or allergic reaction.

If pregnant consult with a physician prior to use.

Tisserand and Young do not indicate any special precautions when using Sweet Orange Essential Oil. However, they precaution to avoid use of the oil if it has oxidized.

Although only the distilled variety (which this is not) is known to be photo-sensitizing, one should still test to see if photosensitization of this cold-pressed variety essential oil occurs.



****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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