



## YUZU Essential Oil

**Botanical Name:** *Citrus junos*

**Origin:** India

Yuzu Oil is a natural essential oil that is extracted from the rind of the yuzu fruit by cold expression. It is a citrus oil that has a very relaxing effect on the body and the mind and is widely used in aromatherapy as well as in the treatment of various health disorders.

**About Yuzu:** Yuzu is a small citrus tree that produces fruits that resemble small oranges or tangerines. The genus species name of this tree is Citrus Junos. It is believed to be a hybrid of the sour mandarin and ichangpapeda, trees that are indigenous to China. It originated in China and is said to have been introduced to Japan and Korea during the Tang Dynasty. Currently Japan is the leading producer of Yuzu and Shikoku Island is said to have beautiful vast orchards of the fruit.

**Yuzu Oil :** Yuzu oil is pale yellow and has an exquisite citrus aroma. It contains limonene and is full of oxidants and its other healing properties make it an effective remedy in the treatment of various ailments. It blends well with other citrus oils.

### Major Constituents

- (+)-Limonene
- Gamma-Terpinene
- B-Phellandrene
- B-Myrcene
- Linalool
- a-Pinene

### Common Uses:

Nervous stomach cramp, cellulite, neuralgia, influenza, colds, convalescence, stress-induced skin conditions, devitalized skin, nervous tension, nervous exhaustion, chronic fatigue; general tonic (from *The Complete Book of Essential Oils and Aromatherapy* by Valerie Ann Worwood).

### Safety Information

Robert Tisserand and Rodney Young recommend careful storage and avoiding use of oxidized Yuzu Oil to prevent skin sensitization. Although Yuzu Essential Oil has not undergone reliable phototoxicity testing, Tisserand and Young strongly conclude that Yuzu Oil is very likely *not* [phototoxic](#) due to its insignificant



content of bergapten. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 87,480.]

**\*\*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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