



Orange

Citrus sinensis

Family: Rutaceae

Safety: Generally non-toxic, non-irritant, non-sensitizing

although it has caused dermatitis in some sensitive individuals. Slightly phototoxic

Blending Note: Top

Aroma Strength: Strong

Scent Description & General Uses: Happy, uplifting scent. Strong Citrus smell. Great to use in Household cleaners, car diffusers, digestion issues, shower gels and hair care.

Blends well with: other citrus oils, woods and spices as well as vanilla and ylang ylang

Indepth Profile

Extraction By scarification and expression of the peel.

Chemistry 90% monoterpenes (Limonene)

Alcohols (farnesom, linalil, nerol, alpha-terpineol, terpinen-4-ol)

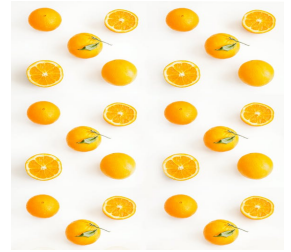
Aldehydes (Citral, Neral)

Esters (CitanollyAcetate, Geranylacetate)

Approved claims and benefits from Health Canada Recommendations:

Used in aromatherapy as a nervine/calmativ.

Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.



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Herbal Folk and Traditions:

History

It is likely that orange trees were first cultivated in China around 2500 BC. In Europe, this orange was unknown until the late 15th century or the beginnings of the 16th century, when Italian and Portuguese merchants brought orange trees into the Mediterranean area. Shortly afterward, the sweet orange was adopted as an edible fruit. It was a luxury item and wealthy people grew oranges in private conservatories, called orangeries. By 1646, the sweet orange was well known throughout Europe. Spanish explorers introduced the sweet orange into the American continent. On his second voyage in 1493, Christopher Columbus took seeds of oranges, lemons, and citrons to Haiti and the Caribbean. Subsequent expeditions in the mid-1500s brought sweet oranges to South America and Mexico, and to Florida. Spanish missionaries brought orange trees to Arizona between 1707 and 1710, while the Franciscans did the same in San Diego, California. In Louisiana, oranges probably were introduced by French explorers. Around 1872, Florida farmers obtained seeds from New Orleans, so many orange groves were established by grafting the sweet orange on to sour orange rootstocks.

Uses:

Mind: Depression, tension, reviving when bored or lacking energy

Skin: Congested, dull, oily, puffy, chapped dry

Respiratory: Bronchitis, chills

Immune: Colds, flu

Digestive: Calming for stomach. Diarrhea, constipation, loss of appetite Aids digestion.

Safety and usage information:

Do not take internally, Do not use undiluted (NEAT) on the skin, check individual safety information for any and all combinations when blending or using blended products.

Check essential oils and medications that individuals are currently using for contraindications. Keep out of reach of children. Caution with all animals. Do not use topically on cats.

Essential oil and water do not mix you must blend a dispersant with the essential oil before adding to water (including when using in baths), keep away from flame.