QUICK REFERENCE SHEET

CLEMENTINE

Citrus x clementina

Plant Family: Rutaceae

Extraction Method: Cold Pressed

Part Utilized: Peel of Fruit

Region of Origin:

U.S.A.

AFFINITY FOR:

nerves, emotions

THERAPEUTIC PROPERTIES:

tonic, stomachic, digestive, calming, antispasmodic, antiseptic, antibacterial, anti-oxidant

AROMATIC CONSIDER-ATIONS:

The aroma of Clementine is delightful. It can only be described as absolutely "yummy."

APPLICATION:

Clementine may be applied on the feet or on the body. It is excellent in a bath or diffused. Clementine is a citrus oil that is not considered phototoxic!!

INGREDIENT IN:

LeInsight

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Clementine is gentler, softer, and sweeter than its parent plant, Red Mandarin. It is uplifting and gently revitalizing. Clementine is an excellent stress reliever and is often used for insomnia. It can also aid concentration, focus, and memory.

PHYSICAL ASPECTS:

Clementine really shines in the realm of skin care. The high levels of Vitamin C and antioxidants can increase collagen production, protect against free radical damage, and help reduce the appearance of wrinkles and signs of aging. A drop or two added to distilled water makes a lovely face wash for acne outbreaks.

Clementine aids in the production of red blood cells making it beneficial for anemia and fatigue. It is also anti-inflammatory and can be used to relieve heartburn.

©2020 Butterfly Expressions LLC