QUICK REFERENCE SHEET

MANDARIN

Citrus reticulata

Plant Family: Rutaceae

Extraction Method: Cold Pressed

Part Utilized: Fruit

Region of Origin:

Spain

AFFINITY FOR:

emotions, digestion, nervous system, gallbladder meridian, governing vessel meridian

THERAPEUTIC PROPERTIES:

tonic, stomachic, digestive, calming, antispasmodic, antiseptic

AROMATIC CONSIDERATIONS:

Mandarin essential oil has sedative and slightly hypnotic properties, making Mandarin one of the best essential oils for stress and irritability.

APPLICATION:

Mandarin may be diffused or diluted and applied to the feet or the body. Mandarin is a very gentle oil and could be massaged safely, with any carrier oil, on the abdomen. This is a rare citrus oil that has absolutely no phototoxic propterties.

INGREDIENT IN:

LeBeloved, LeCinnamonBear, LeEverlasting, LeGrace, LeHeartSong, LeKey to my Heart, LeMoonlight, LeSynopsis, LeUnity, LeVitality

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Mandarin promotes feelings of deep happiness. This personal happiness often manifests in our lives as kindness and gentleness with all living things. Mandarin also provides a firmness and a sense of self that allows personal growth and spiritual development.

This oil is an especially good choice for those who tend to dwell in the past. It is also good for those who tend to dwell on past emotional traumas. They have survived the trauma, but they have not thrived. Mandarin can help us achieve a state of mind where we are able to build or repair our relationships, especially with the children and the elderly in our lives.

PHYSICAL ASPECTS:

Mandarin essential oil is a gentle and supportive healer. It is especially good for the convalescence stage of an illness. It is a good choice for very young children and for the old and frail. This oil should be considered whenever the illness is accompanied by great sadness. Mandarin essential oil is also good for digestion where it aids with such conditions as constipation and diarrhea.

GENERAL INFORMATION:

Mandarin (Citrus reticulata) is the variety of Mandarin that is often referred to as Red Mandarin. This is a rare citrus essential oil that is not photo-toxic.

©2020 Butterfly Expressions LLC