QUICK REFERENCE SHEET

NEROLI

Citrus aurantium

Plant Family: Rutaceae

Extraction Method: Steam Distilled

Part Utilized: Flowers

Region of Origin:

Egypt/Tunisia

AFFINITY FOR:

nerves and nervous system, skin/tissues, 2nd, 4th, and 5th meridians, crown chakra

THERAPEUTIC PROPERTIES:

antibacterial, antidepressant, anti-infective, antiparasitic, antispasmodic, antiviral, aphrodisiac, deodorant, sedative, tonic

AROMATIC CONSIDERATIONS:

The aroma of Neroli has powerful effects on our minds and emotions. It is calming, relaxing, uplifting, and encourages confidence. It promotes feelings of joy, peace, and hope.

APPLICATION:

Wonderful diffused! Neroli can also be diluted and applied anywhere on the body.

CAUTIONS:

There are no known cautions for the use of Neroli essential oil. Even the more conservative British school of thought in aromatherapy consider Neroli oil to be totally non-irritating. Neroli oil may be used on the skin even where irritation or redness are present.

INGREDIENT IN:

LeAcknowledge, LeEverlasting, LeExhilaration, LeGrace, LeMoonlight, LeUnDone, LeUnity, LeWisdom

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Neroli essential oil reawakens passion and sensitivity. It can change negative outlooks and bring us renewed hope. Neroli can help us trust our own intuition and good sense in the making of choices. Neroli is renowned around the world for relieving nervous tension, promoting restful sleep, and elevating the mood. Neroli has been used successfully to treat depression, anxiety, and shock. It is calming and relaxing because it stabilizes the emotions and encourages confidence and courage.

Neroli is particularly appropriate for anyone who has become timid or withdrawn. It can help with cynicism and despair. Neroli helps to alleviate feelings of "nothing changes, nothing ever will." Neroli fosters independence and trust in our possibilities for a good future.

Neroli is a natural sedative. It is useful for depression and anxiety. Neroli relaxes the body, mind, and spirit. It quiets the heart and soul.

PHYSICAL ASPECTS:

Neroli is much more than just an "emotional" oil. Like all essential oils, it is very antiseptic. What a pleasant oil to reach for when you get a cut or wound and need a disinfectant. Neroli rebuilds tissue and heals the skin, making it excellent for scars and skin damage of any kind. Neroli is one of the most emollient essential oils. It is prized in skin care products. Neroli is considered a weight loss oil.

Neroli has a profound influence on the action of the heart. It diminishes the amplitude of heart muscle contractions, but only if this is what is needed. Neroli is never dangerous. It is often used for palpitations, erratic heartbeat, and other types of cardiac spasms. It is a wonderful oil for panicky, hysterical, fearful people who become agitated over trifles. Neroli is a valuable remedy for shock or any situation that is putting a strain on the heart.

GENERAL INFORMATION:

For centuries, the Egyptian people have regarded Neroli highly for its ability to heal the mind, body, and spirit. Neroli's deep, sensuous aroma is often the "heart" of floral blends. Neroli is a very heady oil. Sniffed directly from the bottle, it is almost unpleasantly overwhelming. A tiny bit, diffused into the air or placed on the skin is amazingly potent and lovely.

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