

QUICK REFERENCE SHEET

ORANGE BITTER

Citrus aurantium



Plant Family:
Rutaceae



Extraction Method:
Steam Distilled



Part Utilized:
Peel of Fruit



Region of Origin:
Brazil

AFFINITY FOR:

digestion, nervous system, wood element

THERAPEUTIC PROPERTIES:

antiseptic, antiparasitic, general cerebral and circulatory stimulant, antidepressant, antispasmodic, tonic

AROMATIC CONSIDERATIONS:

Orange Bitter essential oil has the sweet, citrus smell that is characteristic of Orange Sweet (*Citrus sinensis*), but Orange Bitter has an underlying touch of tart bitterness which is reminiscent of Grapefruit oil. It is very nice diffused, and makes a pleasant change from the heady sweetness of Orange Sweet or Neroli essential oils.

APPLICATION:

Orange Bitter should be diluted and applied to the feet or to the body.

! CAUTIONS:

Orange Bitter is photo-toxic. You should avoid direct sunlight on skin to which this oil has been applied for at least 12 hours.

INGREDIENT IN:

^{Le}Bountiful, ^{Le}Everlasting, ^{Le}Unity

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Orange Bitter, like all citrus oils, is wonderful diffused during the winter months. Citrus oils seem to release a few rays of sunshine into the air. They are subtly energizing. They brighten the outlook and lift the spirits. Orange Bitter is an effective treatment for depression, especially when it is made worse by cloudy or winter weather and lack of sunlight. Orange Bitter, though considered a stimulant, can also help one relax at the end of a long day.

PHYSICAL ASPECTS:

Orange Bitter is used in blends to promote weight loss, helping to curb the appetite and dissolve cellulite. The keynote features of this oil, however, are on digestion. Orange Bitter is used in the treatment of heartburn, flatulence, and diarrhea. It also seems to aid in the absorption of vitamin C.

GENERAL INFORMATION:

Many parts of this plant, *Citrus aurantium*, are extracted for use as essential oils. Orange Bitter essential oil is made from the fruit, Petitgrain is extracted from the foliage and twigs, and Neroli is distilled from the blossoms. Even though all of these oils are made from the same plant, they are very different in aroma and therapeutic properties.