

QUICK REFERENCE SHEET

ORANGE BLOOD

Citrus sinensis



Plant Family:
Rutaceae



Extraction Method:
Cold Pressed



Part Utilized:
Peel of Fruit



**Region of
Origin:**
Italy

AFFINITY FOR:

digestive system, respiratory system, skin, wood element, spleen meridian, sacral chakra

THERAPEUTIC PROPERTIES:

disinfectant, diuretic, calmative, anticoagulant, sedative, stomachic, cholagogue (encourages the production of bile and the digestion of fats), diuretic, tonic, antispasmodic, antiseptic, antibiotic, depurative, anti-inflammatory

AROMATIC CONSIDERATIONS:

The fragrance of Blood Orange is brighter and a bit more tart than Sweet Orange.

APPLICATION:

Dilute and apply anywhere on the body, wonderful diffused, use in the bath, add to laundry, use for cleaning.

! CAUTIONS:

Orange oil is considered photo-toxic and exposure to sunlight should be avoided for at least 12 hours for skin which has been exposed to this oil.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Like Orange Sweet, Blood Orange essential oil has been used for depression and anxiety. It brings peace and happiness to the body and mind, and lifts the spirits.

PHYSICAL ASPECTS:

Blood Orange oil has been shown to stimulate the entire circulatory system, revitalizing sluggish systems and energizing both the body and mind. See Orange Sweet for more information.

GENERAL INFORMATION:

The Blood Orange is a variety of Sweet Orange that gets its name from the blood red color of the fruit. This dark coloring is due to the presence of anthocyanins, a family of antioxidant pigments common to many flowers and fruits, but uncommon in citrus fruits. The Blood Orange is a natural mutation of the Orange.

Blood Orange and Sweet Orange are very similar, though due to its pigment the Blood Orange contains greater amounts of antioxidants. They have the same botanical name and can be used interchangeably. For more information on the therapeutic properties and uses of this oil please refer to Orange, Sweet.