

QUICK REFERENCE SHEET

ORANGE SWEET

Citrus sinensis



Plant Family:
Rutaceae



Extraction Method:
Cold Pressed



Part Utilized:
Peel of Fruit



**Region of
Origin:**
Portugal

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:

Orange Sweet has a delightful fragrance. It promotes feelings of well-being and happiness. By itself, or as an ingredient in a essential oil blend, Orange Sweet promotes restful sleep.

APPLICATION:

The aroma of Orange Sweet is an excellent remedy to alleviate nausea or morning sickness. It is sometimes helpful with these conditions to apply a drop or two of the oil behind the ears. Orange Sweet oil can be diluted and applied anywhere on the body. It is also a lovely oil to diffuse in your home or workplace.

! 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.

INGREDIENT IN:

^{Le}Autumn, ^{Le}Beloved, ^{Le}Bountiful, ^{Le}CinnamonBear, ^{Le}Discernment, ^{Le}Eternity, ^{Le}Everlasting, ^{Le}Exhilaration, ^{Le}EZ Traveler, ^{Le}Fortitude, ^{Le}GoodNite, ^{Le}HeartSong, ^{Le}Holiday Spirit, ^{Le}Insight, ^{Le}Intensity, ^{Le}Intention, ^{Le}Julia, ^{Le}Kadence, ^{Le}Key to My Heart, ^{Le}Kindred Spirit, ^{Le}Moonlight, ^{Le}QuietEssence, ^{Le}Reflections, ^{Le}Solitude, ^{Le}SpiceC, ^{Le}Sunburst, ^{Le}Tomorrow, ^{Le}Tranquility, ^{Le}Visibility, ^{Le}WakeUp, ^{Le}Wisdom, ^{Le}Zest For Life

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The emotions of frustration and discouragement block the flow of energy to and from the liver. Any block in energy creates tension. The tension created by blocked energy in the liver results in moodiness, irritability, nausea, headaches, insomnia, and expecting more of ourselves and others than is reasonable. Orange Sweet is an excellent oil for all of these conditions and emotions.

Orange Sweet essential oil brings peace and happiness to the mind and body and joy to the heart. It provides emotional support to overcome sadness, and courage to escape emotional and physical abuse. This oil reestablishes optimism and a sense of humor when they have become lost through abuse or sadness. Orange Sweet can make even the most mundane practical task flow along easily and enjoyably.

PHYSICAL ASPECTS:

Orange Sweet can relieve cardiac spasms and false angina that are the result of stress or depression. The nicer, lighter attitude produced by Orange Sweet oil improves overall immune function, aids respiration, increases lymphatic drainage, improves digestive function, and raises low blood sugar levels.

Orange Sweet is particularly effective when a complaint has anxiety, depression, or nerve weakness at its core. Orange Sweet is one of the essential oils used in programs to treat eating disorders. The astringent properties of Orange Sweet oil improves a dull, oily complexion. It is of benefit in the treatment of wrinkles as it hydrates and strengthens the cells of the epidermis.

GENERAL INFORMATION:

This is a very versatile and inexpensive essential oil. It works very well as a cleaner, removing sticky adhesive residue from most surfaces.