QUICK REFERENCE SHEET

PETITGRAIN

Citrus aurantium

Plant Family: Rutaceae

Extraction Method: Steam Distilled

Part Utilized: Leaves, Twigs

Region of Origin:

Paraguay

AFFINITY FOR:

hormones, cardiovascular system, skin, throat chakra, liver meridian

THERAPEUTIC PROPERTIES:

anti-inflammatory, antispasmodic, antidepressant, stimulant, tonic, calmative, anti-infective, antiseptic, nervine, reestablishes nerve equilibrium

AROMATIC CONSIDERATIONS:

Petitgrain has a fresh and revitalizing orange aroma that almost sparkles through the air. Because Petitgrain is made from the bark and twigs of the tree, the aroma of Petitgrain is stronger and stays in the air longer than other citrus oils.

APPLICATION:

Petitgrain is an excellent choice for diffusing and applying, diluted, anywhere on the body.

CAUTIONS:

Petitgrain is listed by some authorities as photo-toxic.

INGREDIENT IN:

LeEndoRelief

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Emotionally, Petitgrain presents us with new ideas and new beginnings. Petitgrain brings us to a state of mind where calm, natural growth, without feelings of being pressured, can occur. It is powerfully stabilizing to high-strung temperaments and volatile dispositions. Petitgrain seems to help lower the defenses and harsh qualities that are often seen in people who are insecure about their worth or place. Petitgrain helps overcome pessimism and insomnia due to anger from feelings of betrayal. It reestablishes equilibrium in the nerves. Petitgrain stimulates the mind, supports memory, and gladdens the heart.

PHYSICAL ASPECTS:

Petitgrain promotes hormone balance in both men and women, especially when combined with Clary Sage. It is excellent for relieving rapid or erratic heart palpitations. Petitgrain is often used in substance abuse programs to aid in detoxification. Petitgrain is useful in the convalescent stage of illness. It is an excellent oil for stabilizing oil production of the skin and coping with excessive perspiration.

GENERAL INFORMATION:

Petitgrain essential oil is made from the bark and twigs of citrus aurantium. This is the same plant that Neroli and Orange Bitter are made from.

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