QUICK REFERENCE SHEET

TANGERINE

Citrus reticulata

Plant Family: Rutaceae

Extraction Method: Cold Pressed

Part Utilized: Peel of Fruit

Region of Origin:

Brazil

AFFINITY FOR:

respiratory system, tissues and skinrespiratory system, nervous system, digestive system, spleen meridian

THERAPEUTIC PROPERTIES:

anticoagulant, anti-inflammatory, laxative, sedative, calmative, nervine, cytophylactic

AROMATIC CONSIDERATIONS:

Like all citrus oils, Tangerine promotes feelings of happiness and peace. It encourages us to reach out to others with kindness and compassion.

APPLICATION:

Tangerine should be diluted before applying to the skin.

CAUTIONS:

Tangerine essential oil is photo-toxic. Avoid direct sunlight on skin to which this oil has been applied in the last 12 hours.

INGREDIENT IN:

LeFortitude, LeInsight, LeReflections, LeSunburst, LeTranquility

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Tangerine essential oil is a very pleasant sedative. It soothes all types of hyperactivity, whether in the body or the mind. Tangerine can have a substantial effect on anger, depression, and impulsive behaviors.

PHYSICAL ASPECTS:

Tangerine has been proven effective against Staphylococcus aureus. This is the species of bacteria which is responsible when wounds become septic. A septic wound quickly spreads to other parts of the body, even if there is no wound there. Tangerine oil contains components which kill the bacteria and stop it from spreading.

Tangerine's antispasmodic actions are effective all over the body. This essential oil can be used for spasms in the respiratory and digestive systems, as well as in muscle groups. Tangerine essential oil is an effective blood purifier and it increases the oxygen-carrying capacity of red blood cells. Tangerine is helpful in removing excess water from body tissues and is a mild lymphatic decongestant.

GENERAL INFORMATION:

Tangerine essential oil and Mandarin essential oil are distilled, in different countries, from plants that are identified by the same latin name, citrus reticulata. That is very strange, since the plants, themselves, are quite different, as are the fruits. The fruit, the juice, and the essential oil of Tangerine are much more orange in color than those of Mandarin. They are harvested at different times of the year, and this has a subtle effect on aroma and therapeutic properties.

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