

Grapefruit

Grapefruit is uplifting to the mind and spirit. It is hard to be negative or anxious in the presence of this oil, because it promotes feelings of joy, confidence, and spontaneity. A great oil for depression. Grapefruit detoxifies the lymphatic system. This makes it a useful tonic for many body systems. Grapefruit, diluted in water, can be used as a face wash for acne. Grapefruit can relieve a migraine headache and return the energy system to normal after long jet flights.

Lemon

Lemon essential oil fills the air with a light, refreshing scent of lemons while it nourishes the nervous systems of everyone close by. Lemon brings clarity of thought, aids in logical thinking, and helps us connect cause and effect in our lives. Lemon is a good oil for study sessions, improving attention span, and problem solving. Lemon essential oil supports the respiratory system and is useful for asthma, bronchitis, sore throat, sinusitis, and most other respiratory complaints.

Lime

Lime essential oil is a perfect choice for the very weary - those who are so weary of trials and troubles that they feel far older than their years on earth would indicate. The lively fragrance of lime is stimulating and refreshing. It can help one overcome exhaustion, depression, apathy, and listlessness. Good oil for improving memory and concentration. Lime stimulates the immune system to increase production of leukocytes that aid in fighting infections.

Mandarin

Mandarin essential oil has sedative and slightly hypnotic properties, making mandarin one of the best essential oils for stress and irritability. Mandarin promotes feelings of deep happiness. This oil is an especially good choice for those who tend to dwell in the past. It is also good for those who tend to dwell on past emotional traumas. They have survived the trauma, but they have not thrived. A good oil to build or repair our relationship.

Orange, Sweet

Orange Sweet is an excellent remedy to alleviate nausea or morning sickness. 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. A great oil to clean up anything sticky like gum and sticker residue.

Tangerine

Tangerine encourages us to reach out to others with kindness and compassion. Tangerine is a very pleasant sedative. It soothes all types of hyperactivity, in the body and the mind. Tangerine can have a substantial effect on anger, depression, and impulsive behaviors. Tangerine has been proven effective against a species of bacteria which is responsible when wounds become septic. Tangerine oil contains components which kill the bacteria and stop it from spreading.