

# Wild Orange

## *Citrus Sinensis Essential Oil*

Wild Orange essential oil is wonderfully uplifting and creates feelings of happiness and warmth, while also calming nervous digestive problems.

Size: 15ml Price: \$9.45

Size: 5ml Price: \$5.99

APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

### Primary Benefits

Promotes happiness and warmth, effective in stimulating lymphatic system, calm feelings of anxiety and stress, powerful cleansing/purifying agent, provides antioxidants essential to immune/overall health.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Internal use:** Dilute one drop in 4 fl. oz. of liquid

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. Could intensify sun exposure within 12 hours of topical application. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Citrus, sweet. fresh

### Collection Method

Cold Pressed/Expression

### Plant Part

Orange rinds (peel)

### Main Constituents

Limonene

### Description

Wild Orange is a vibrant and radiant oil, bringing happiness to the mind and helping those who use it to relax. As with many citrus peel oils, Wild Orange contains powerful antioxidants that help maintain overall health. Orange can be used to aid in colds and flu, helps to eliminate toxins, and is also stimulating to the lymphatic system. For the digestive system, Wild Orange essential oil can help with constipation as well as be useful in cases of nervous tension and stress. It can also be used on surfaces as a natural cleaner.

### Uses

- For an "energized focus" combine one drop Wild Orange with one drop Peppermint in palms, rub together and inhale deeply and also rub on back of neck
- Diffuse to calm anxiety and uplift mood and energy levels
- Add to water to clean and purify surfaces in the home
- Diffuse to aid colds and flu
- Diffuse to help children sleep at night
- Add to a base cream to assist the lymphatic system and detoxify a congested skin

### Properties

Antiseptic, Antidepressant, Antispasmodic, Anti Inflammatory, Cholagogue, Carminative, Diuretic, Sedative and Tonic

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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