

Sweet ORANGE essential oil
(Citrus sinensis L. Osbeck)

Orange was associated with generosity and fertility since ancient times. Chinese healers used dried orange-peel for anorexia nervosa, colds, cough and malignant tumor of the breast. Orange flowers were used to distill orange water, which was recommended as a sudorific and styptic remedy. Moreover, the Romans used orange water for hangovers and indigestion. Orange oil is today one of the most popular essential oils, which was included into the British Pharmaceutical Code and is widely used in cooking, cosmetology and medicine.

VIVASAN **Orange essential oil** possesses a strong sedative action along with an aseptic effect, as other typical citric oils. It is recommended for depression, fear and nervous tension.

Orange oil is a strong spasmolytic and sedative that lowers blood pressure and calms psycho-emotional excitement. Orange oil, when used in an aroma lamp, is beneficial for the nervous system of children. It stimulates attention and improves the capacity for work.

Aroma baths with orange oil are effective for insomnia (it may be used together with lavender oil), for nervous excitement and cellulite.

When used *orally*, the orange oil stimulates the evacuation of harmful substances from the body; normalizes intestine function and carbohydrate and lipid exchange; possesses choleric action; prevents stone formation in gall-bladder; purifies blood; stimulates weight loss; and fights cellulites.

Orange oil cleanses the skin, whitens nevis pigmentosis, promotes cellular renewal, and improves face color. For this purpose, orange oil is added to cosmetic creams, balms, lotions, etc. Orange oil is especially effective when used for dry skin. It is a top note oil.

Oil energetics: It stimulates optimism and self confidence and restores aura after serious diseases and emotional stresses. The oil is recommended for cases when you need sympathy and sincere affection.

Main properties:

- antiseptic, bactericidal, disinfectant
- febrifuge, spasmolytic
- sedative, antidepressant, anti-stressing
- choleric, blood purifying, immunostimulating
- anti-cellulitis, hypotensive
- blanching and moisturizing.

Indications:

- nervous tension, alarm, fears, stress, depression
- dispersion of attention, insomnia, hypertension
- cold, flu and bronchitis
- skin inflammatory processes, acne rash
- stomatitis, parodontosis
- disturbances blood circulation
- obesity, excess fluid, cellulitis
- digestion disturbances, constipations, dyspepsias
- aromatization of the air.

Application:

- **Aroma lamp:** 3-5 drops (cold, stress, insomnia, hypertension, to invigorate the attention).
- **Aroma baths:** 5 drops of mixture with other essential oils (weight loss, cellulite, insomnia).
- **Massage:** 5 drops per 10 ml of massage oil (cellulite).
- **Rubbing:** 7-8 drops per 10 gr of the base (joint pains, myositis and neuralgia).
- **Rinsing:** 2-6 drops per one glass of water (tonsillitis, parodontosis, stomatitis).
- **Fortification of shampoos:** five drops per ten grams of the base (dandruff, dry hair).
- **Fortification of shampoos:** 10 gr of the cream + 3 drops of orange (fading skin, skin regeneration, skin cleansing, blanching and moisturizing, beautiful and quick tan).
- **Orally (only if recommended by the doctor):** one drop per glass of tea or juice twice a day (lowers blood pressure, effective for insomnia, stomach, liver and biliary diseases, stimulates metabolism).

Ingredients: sweet Brazilian orange oil – 100%.

