

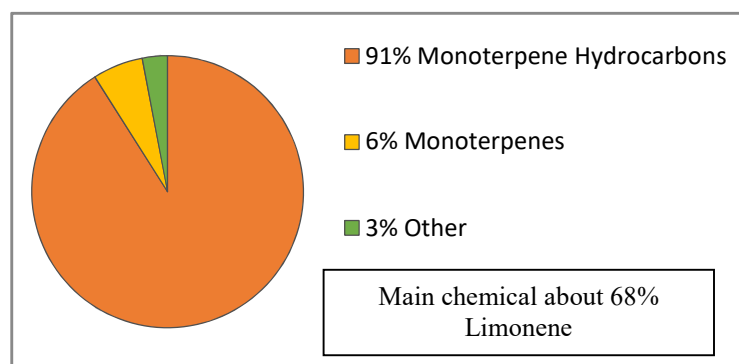
## Mandarin, Ethically Grown: Italy (*Citrus nobilis*)

The Mandarin fruit is a variety of citrus from the orange family and resembles other oranges. They have a long historic symbolism for prosperity and good fortune. In Asian cultures Mandarins are commonly sent as gifts to usurer in the New Year. The essential oil is extracted through the cold pressing of the peel. Because of the high costs of having a farm certified organic, and due to the low demand for certified organic Mandarin, most all oil is sold conventionally. The certified organic oil is quite a bit more expensive, around four times the cost. Due to this high cost most healers prefer using the lower cost ethically farmed oil instead.

**Primary Usages:** The French regarded Mandarin as a safe remedy for children, pregnant mothers, and the elderly. It is a general health tonic to assist in the proper growth, toning, and function of the body (respiratory, digestive, cardiovascular, circulatory, lymphatic, neurotic, excretory, nervous, endocrine, and the immune system). Benefits the nervous system (epilepsy, convulsions, soothing, restlessness, nervousness, stress, tension, hysteria) and fortifies the stomach (optimizes function, hiccups, dyspepsia, intestinal problems, dispels pathogens, bloating) and spleen, especially in children.

**Secondary Usages:** Beneficial for liver (strengthening, bile regulation) and the lymphatic system (fluid retention, detoxifying, obesity, alkalizing). Good addition to any skin care formula because it is beneficial for congested oily skin, acne, stretch marks, and also assist to healing wounds, spots, and scars by promoting the growth of new cells.

**Has Been Reported:** Assists with PMS and menstrual cramps by massaging it on the abdomen. The oil is antifungal (ringworm, athletes' foot, toenail fungus), antiseptic, and a good decongestant.



**Descriptor:** Tonic, Nervine, Digestive Aid, Liver Stimulant, Detoxifier

**Application:** Rub on stomach, chest, upper back, sore muscle areas, and cuts to clean and heal, other locations, or diffuse. It may be taken internally 1-3 drops at a time in water.

**Caution:** Phototoxic and harsher to the skin when oxidized.

**Found In:** At Peace, Chakra, Immune Strength, Love, Present Moments

**Influences:** A favorite smell of children that brings child-like energy and assists in getting a “handle” on routines. Refreshing, uplifting, and balancing to the mind, spirit, and promotes happiness.

**Medicine Wheel:** Primary Center Secondary East, North, and South. Used in the regulation of the Chi energies.

**Blends Well With:** Bergamot, Cinnamon, Clary Sage, Clove, Frankincense, Grapefruit, Lavender, Lemon, Lime, Myrtle, Neroli, Nutmeg, Orange, Rosemary, Rosewood

**Testimonials:** “A nice fresh citrusy scent that seems to last longer than the most other citrus. I like put a drop on my wrist for a relaxing uplifting effect. – Paul D. Ava, MO