

Orange, Organic: USA Pressed Peel (*Citrus sinensis*)

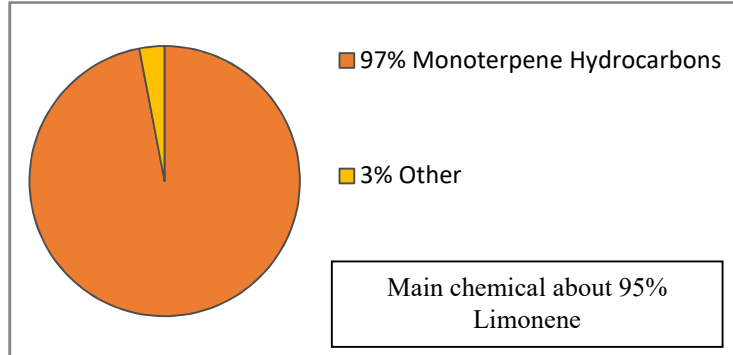
The oil from the sweet orange is pressed from the peel and currently being used in a wide range of food, drinks, candy, and cleaning products. The sweet orange is truly an international fruit and is the most cultivated fruit tree in the world. Because of the large-scale cultivation of organic trees and the ease of extracting the Therapeutic Essential Oil, this oil is most often the lowest cost essential oil in the market.

Grown in tropical and subtropical climates the tree retains its green leaves year around. In China, where the first cultivation was thought to have occurred around 2500 BC, the orange is a cherished symbol of good fortune.

Primary Usages: Use as a general health tonic. Great for relaxing the mind (calming, depression, headaches, frustrations, moodiness, insomnia, convulsions), beneficial for the digestive system (spasms, pain, colic, impaired digestion, constipation, vomiting, chronic diarrhea, irritable bowel, expels gas, improves digestion of fats, poor appetite, nausea), eliminate toxins (increases urine flow, stimulates the lymphatic system), and regulating metabolism.

Secondary Usages: Beneficial for the respiratory system (colds, coughs, flu, bronchitis, chills, inflammation, decongestant), stimulating the lymphatic and circulatory systems, and for the skin (collagen formation, scars, acne, stretch marks, thread veins, mature, sensitive, dry, oily, tones the complexion, dermatitis, wrinkles, edema).

Has Been Reported: To energize sexual feelings (frigidity, impotency, lack of libido), tumors, obesity, sores, muscles (cramps, spasms, inflammation), infections, and regulate menstruation.



Descriptor: Tonic, Sedative, Digestive Aid, Liver Stimulant, Decongestant, Antidepressant, Expectorant, Antiseptic

Application: Add a drop or two in water and drink, diffuse, dilute with a carrier oil and rub on location.

Caution: A hotter oil that may irritate the skin. Considered moderately phototoxic.

Found In: To Be

Influences: With emotional and energetic qualities, Orange is very soothing and unblocks stagnant energies allowing balance to the emotions (either relaxing or stimulating as needed). It promotes a positive attitude, harmony, creativity, self-awareness, joy, happiness, gratitude, generosity, and is freeing to the spirit.

Medicine Wheel: Primary Center and Secondary West. Rectifies the Qi.

Blends Well With: Black Pepper, Cinnamon Bark, Citrus, Clove Bud, Frankincense, Geranium, Ginger, Litseacubeba, Nutmeg, Patchouli, Petitgrain, Rose, Sandalwood, Vetiver, Ylang Ylang