

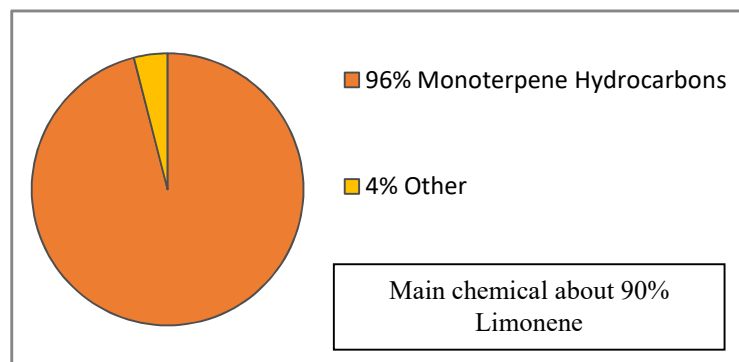
Tangerine, Ethically Farmed: USA Pressed Peel(*Citrus reticulata*)

Tangerines have somewhat larger fruit than Mandarins but they both seem to have similar properties within the same botanical family. The oil is also extracted through the cold pressing of the peel but the main difference is Tangerine contains a much higher Limonene content, about thirty percent greater. Because of the high costs of having a farm certified organic, and due to the low demand for certified organic Tangerine, most all therapeutic oil is sold conventionally. The certified organic oil is quite a bit more expensive, around four times the cost. If your supplier is claiming to sell certified organic Tangerine for the standard price, they are probably playing the certification hype game and not truly selling the certified organic oil. Due to this high cost most healers prefer using the lower cost ethically farmed oil instead.

Primary Usage: Assists the nervous system (stress, tension, convulsions, anxiety, grief, fear, anger), aids digestion (intestinal spasms, constipation, diarrhea, laxative, parasites, flatulence, reduces fluid), and is a general tonic for all body functions and to specifically stimulate the liver, gallbladder, and lymphatic system.

Secondary Usage: Helpful for skin care (rashes, dryness, stretch marks, dandruff, wounds, acne, antiseptic), anti-cancer (tumors, detoxifying, immune system support), improved circulation, and relieving inflammation and mild pain.

Has been reported: Supports the lungs (congestion, asthma, coughs, spasms, decongestant), antifungal (ringworm, athletes' foot, toenail fungus), and a good general antiseptic.



Descriptor: Nervine, Digestive Aid, General Tonic, Detoxifier, Antiseptic, Antibacterial, Expectorant

Application: Apply topically, diffuse, or it may be taken internally 1-3 drops at a time in water.

Caution: Phototoxic and harsher to the skin when oxidized.

Found In: Fit, Peaceful

Influences: Uplifting and calming to the body and mind. Assists to promote happiness.

Medicine Wheel: A Primary Center and Secondary East. Use to balance Chi.

Blends Well With: Cedarwood, Chamomile, Cinnamon, Citrus oils, Clary Sage, Clove, Frankincense, Geranium, Jasmine, Lavender, Neroli, Nutmeg, Pine, Rose, Rosewood, Sandalwood, Ylang Ylang

Recipes: For a calming formula mix ten drops of Tangerine with five drops each of Lavender and Bergamot, and one drop of Vanilla. Mix with an ounce of carrier oil. For skin care take twelve drops of Tangerine, four drops each of Patchouli and Geranium, and one drop of Rose. Mix with an ounce of carrier oil and massage on location as needed. For a wonderful air freshener take eight drops of Tangerine, six drops each of Lemon and Grapefruit, and four drops of Cedarwood and add it to your diffuser.