

SWEET ORANGE

citrus sinensis

10ml

*HB*Naturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Internal • Topical

properties

Organic

Producing Organ: Peel

Extraction: Cold Expression

Country of Origin: USA

Safety Group: #2

Main Chemical Constituents: monoterpenes, mainly limonene

Therapeutic Properties: Anti-depressive, anti-inflammatory, antiseptic, anti-depressive, bactericide, antipyretic, carminative, choleric, digestive, fungicide, hypotensive, sedative, stimulates digestive and lymphatic systems, protects the gastric mucus of the stomach, tonifying [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 122.]

uses

- Add 8-10 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath water. While the Sweet Orange fragrance is de-stressing you, the Dead Sea salt soak will relieve tension and muscle aches.*
- Diffuse 10-12 drops in a cool mist essential oil diffuser to impart an energizing, uplifting aroma.*
- Two drops of Sweet Orange essential oil in a teaspoon of honey stirred into a cup of tea taken before breakfast is a good way to start the day and may be especially helpful for those who are concerned with obesity and water retention.*
- Sweet Orange essential oil is solvent and will often be included in blends to assist with cellulite. It can be used with a clay body mask for this purpose very effectively.*

product summary

Sweet Orange is one of the most valuable essences to use for digestive complaints including nausea and vomiting, especially of biliary-type; constipation, diarrhea, loss of appetite, and possibly weight loss through its effect on fats.*

Sweet Orange also has an affinity for the lymphatic system, bringing it into balance, which explains its success as a natural diuretic.*

Sweet Orange is excellent for adding a bright, citrus flavor to a variety of dishes from desserts to sauces & marinades. It can be used in baked goods or as a refreshing addition to beverages.*

responsible cautions

- Not generally toxic and has no particular contraindications. It is non-irritant and non-sensitizing; however, for those with particularly sensitive skin, you should be cautious as the limonene content could cause a mild dermatitis.
- Though most citrus have some degree of photo-toxicity, Sweet Orange is relatively safe in that respect. It is still probably a good idea to limit the exposure of skin to the sun when applying this oil.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.