

Orange Essential Oil (Sweet Dark)



Main Constituents:

d-Limonene: 95.20%

Botanical Name: Citrus sinensis

Plant Part: Fruit Peel

Extraction Method: Cold Pressed

Origin: Brazil

Description: Sweet Orange is derived from an evergreen tree. It is smaller than the bitter orange tree, and less hardy with fewer or no spines. The fruit itself has a sweet pulp with no bitter membrane.

Color: Yellowish orange to dark orange liquid.

Common Uses: Properties for Orange Sweet Dark Essential Oil are similar to that of Bitter Orange Oil in its applications. They include being antidepressant, antiseptic, antispasmodic, aphrodisiac, carminative, cordial, deodorant, digestive, stimulant (nervous) and tonic (cardiac, circulatory). It has also been applied to combat colds, constipation, dull skin, flatulence, the flu, gums, slow digestion, and stress. It differs from regular Orange Sweet in that it is from a first pressing that enhances the therapeutic quality.

Consistency: Thin

Note: Top

Strength of Aroma: Medium

Blends well with: Lavender, Bergamot, Lemon, Clary Sage, Myrrh, Sandalwood, Nutmeg, Cinnamon Bark and Clove Bud.

Aromatic Scent: Orange Sweet Dark Essential Oil has a sweet, citrus smell much like the orange peels it is derived from, only more intense and concentrated.

History: There is some argument, but it is believed that sweet orange was brought to Europe by the Arabs in the First century along with the bitter orange.

Cautions: Some aromatherapists have reported that a small percentage of few people have experienced dermatitis from the limonene content of sweet orange. Orange Essential Oil is considered photo-toxic and exposure to sunlight should be avoided. Do not use if pregnant.

IMPORTANT: All of our products are for external use only.

In addition, please read & understand appropriate technical, material safety data sheets and disclaimers before using this or any other New Rasheed product.

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Health Benefits of Orange Essential Oil

The health benefits of **Orange Essential Oil** can be attributed to its properties as an anti-inflammatory, antidepressant, antispasmodic, antiseptic, aphrodisiac, carminative, diuretic, tonic, sedative and cholagogue substance.

Uses of Orange Essential Oil

The essential oil of orange has a wide variety of domestic, industrial and medicinal uses. Domestically, it is used to add orange flavor to beverages, desserts and sweetmeats. Industrially, it is used in soaps, body lotions, creams, anti-aging and wrinkle-lifting applications, concentrates for soft beverages, room fresheners, sprays, deodorants, biscuits, chocolates, confectionery and bakery items.

Orange Essential Oil- Composition and Extraction Process

This essential oil is obtained from the peels of orange by cold compression. Although most of you know the common name of oranges, perhaps you don't know the botanical name, *Citrus Sinensis*. The liquid that comes in packets inside orange-flavored soft drink concentrates is sometimes composed of this oil. The main components of this oil are Alpha Pinene, Citronellal, Geranial, Sabinene, Myrcene, Limonene, Linalool and Neral.

I am sure we are all familiar with its commercial and industrial uses, now let's explore some of the medicinal benefits that it has for those who consume it regularly.

There are many health benefits of orange essential oil which include:

Aphrodisiac: Orange essential oil has mild aphrodisiac properties. Systematic and regular use can cure problems such as frigidity, erectile problems, impotence, loss of interest in sex, and decreased libido.

Anti-inflammatory: Orange essential oil provides quick and effective relief from inflammation, whether internal or external. regardless of the reason, whether it is excessive intake of spices, fever, infections, side effects of antibiotics, gas, ingestion of toxic substances, or narcotics, orange essential oil can reduce the irritation and knee [pain](#) .

Cholagogue: It promotes secretions from all appropriate glands, including the exocrine and endocrine. Therefore, it is frequently used to promote menstruation, lactation, digestive juices, bile, hormones and enzymes.

Antiseptic: Wherever there is a cut or abrasion, there is always the chance of the wound becoming septic due to a [bacterial infection](#). This is even more likely when the wound occurred from an iron object, because then there remains a chance of it becoming infected by tetanus germs. Essential Oil of [Orange](#) can help people avoid both septic, fungal infections and tetanus as they inhibit microbial growth and disinfect the wounds.

Antidepressant: The very smell of orange essential oil reminds you of happy moments and brings pleasant thoughts to mind. That is why this oil is so frequently used in aromatherapy. It creates a happy, relaxed feeling and works as a mood lifter, perfect for people who suffer from depression or chronic anxiety. [Research](#) suggests that natural essential oil of orange helps to reduce pulse rate and salivary cortisol due to child anxiety state

Antispasmodic: Spasms can result in many irritating or serious problems including continuous coughing, convulsions, muscle cramps and extreme diarrhea. To avoid these effects, spasms must be treated early or prevented entirely. This can be done with the help of orange essential oil, which relaxes muscular and nervous spasms.

Diuretic: First, orange essential oils rids your body of excess gas, and then it's time to get rid of the excess toxins. Again, the remedy is the same. Orange Oil can effectively flush the body of toxins as well. It promotes urination, which eliminates toxins like uric acid, bile, excess salts, pollutants and excess water within the urine. Urination increases

appetite and promotes digestion. It contributes towards losing fats, which makes it good for the heart as well.

Tonic: The relation of a tonic to the body is quite similar to overhauling and servicing a vehicle. A tonic tones up every system that functions throughout the body, keeps the metabolic system in proper shape, contributes to strength, and boosts immunity.

Carminative: Being a carminative means being an agent that helps in the removal of excess gas from the intestines. Gas, which forms in the intestines and pushes upwards, can be very troublesome. Gas, since it is light, moves upwards and pushes against the internal organs, creating chest pains, indigestion and discomfort.

It can also cause a rise in blood pressure, negatively affect heart health, and cause acute stomach aches. Essential Oil of Orange can help with many of these problems, since it relaxes the abdominal and anal muscles, thereby letting the gas escape. Furthermore, it does not let additional gas form.

Sedative: When you need to cool down after a hard day at the office or are suffering from inflammation of any kind, you should reach for a natural sedative that helps you to relax. The artificial sedatives or drugs available on the market are mostly tranquilizers based on narcotics such as opium and other synthetic forms. These, in the long run, do immense damage to the heart and various internal organs. It is a much better choice to use a natural one like [orange essential oil](#). It alleviates anxiety, anger, depression and certain bodily inflammations.

Alzheimer's disease: [Study](#) suggests that aromatherapy using orange essential oil may aid in improving cognitive function, especially in AD patients.

Insecticide: [Research](#) suggests that orange essential oil is effective against larvae and pupae of housefly and may help in elimination of houseflies.

Other Benefits

It serves as a detoxifier, boosts immunity, treats constipation and dyspepsia and is very good for maintaining healthy, smooth and glamorous skin. It also helps to cure acne and dermatitis.

A Few Words of Caution

Orange essential oil displays photo-toxicity. It tastes bitter and if ingested in large quantities, it may result in vomiting, nausea, and loss of appetite.

Blending

Being a citrus oil, it blends well with other citrus essential oils. Other than those citrus oils, orange essential oil also blends well with essential oils of Cinnamon, Cloves, Frankincense, Ginger, Black Pepper, Sandal Wood and Vetiver.