

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Orange (bitter) Essential Oil

Botanical Name: Citrus aurantium

Plant Part: Fruit Peel

Origin: Italy

Processing Method: Cold Pressed

Color: yellowish to orange

Consistency: Thin

Note: Top

Strength of Aroma: Medium

Aromatic Scent: a sweet, citrus smell like the orange peels from which it is derived, with some bitter notes similar to grapefruit.

Blends well with: Angelica, Bergamot, Black Pepper, Caraway, Cardamom, Chamomile, Cinnamon, Cistus, Clary Sage, Clove, Coriander, Cypress, Fennel (sweet), Frankincense, Geranium, Ginger, Grapefruit, Jasmine, Juniper, Labdanum, Lavandin, Lavender, Lemon, Lime, Litsea cubeba, Mandarin, Marjoram (sweet), Mimosa, Myrrh, Myrtle, Neroli, Nutmeg, Oakmoss, Patchouli, Petitgrain, Pine, Rose, Rosemary, Sage, Sandalwood, Spearmint, Spikenard, Tagetes, Thyme ct Linalool, Vanilla, Vetiver, Violet Leaf, Ylang Ylang

Common Uses:

Germ killing, anti-bacterial and anti-fungal, enhances digestion and assists with weight loss. Alleviates stress and reduces anxiety and boosts energy. May be beneficial for long-term exhaustion syndrome, intestinal ulcers, lowering blood sugar level in diabetic patients, sleep disorders, joint pain, muscular aches, bruises, cold and certain other liver and gall bladder problems

Cautions:

This oil has phototoxic properties and exposure to the sun must be avoided after application to the skin. A maximum dermal use level of 1.25% is recommended

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

