

# Orange

**Common Name:** Orange

**Botanical Name:** Citrus sinensis

**Origin:** USA, South Africa, Italy, China

**Parts Used:** Peel



**Fragrance:** citrus, sweet, light, fruity, fresh

**Blends well with:** Almost all oils especially other citrus oils, cinnamon bark, frankincense, geranium, juniper, lavender, nutmeg, rosewood

**Aromatic Benefits:** calming, cheering, inspiring, invigorating, refreshing, relaxing, uplifting

**Properties:** anti-depressant, anti-septic, anti-spasmodic, disinfectant, sedative

**Physical Uses:** acne, anxiety, Blemishes, boredom, bronchitis, cellulite, chills, chronic fatigue syndrome, colds, constipation, coughs, stimulates creativity, depression, diarrhea, digestion, drug withdrawal, eczema, fear, fever, flu, fluid retention, gingivitis, joint pain, lethargy, mental exhaustion, mouth ulcers (cancer sores), muscle pain, muscular dystrophy, nervousness, normal skin, oily skin, PMS, psoriasis, seasonal affective disorder, skin care, stress, wrinkles

**Safety Data:** Avoid use in sun. May irritate the skin.

**Fun Fact:** According to Roberta Wilson, “From early times, oranges have been associated with generosity and gratitude.”

## Recipe:

### Blues Buster Pick Me Up

20 drops Orange  
10 drops Peppermint  
1 oz purified water

Mix all ingredients together in a one ounce spray bottle. Pounce up and down on the palm of your hand 100 times to blend. Use as a room spray, or personal perfume.

**For educational purposes only. This information is not intended to diagnose, treat or cure any disease.**