



Orange Essential Oil

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Orange Essential Oil

Orange essential oil has a sweet orange scent, similar to a freshly peeled orange. It's a great oil for the immune system as well as boosting moods and aiding the digestive system.

About Orange

Orange essential oil is a sunny and vibrant oil, which can induce a state of happiness and warmth to the mind and helps people to relax and can help children to sleep at night. Orange oil can be used effectively to boost the immune system, as well as for colds and flu and to eliminate toxins from the body. It is a good diuretic oil that is effective in balancing water retention and obesity. Its lymphatic stimulant action also helps to balance water processes, detoxification, and general well-being. Orange oil can also soothe a range of digestive issues from constipation, dyspepsia and to a useful general tonic. It's also a good oil to use to soothe nervous tension and stress.



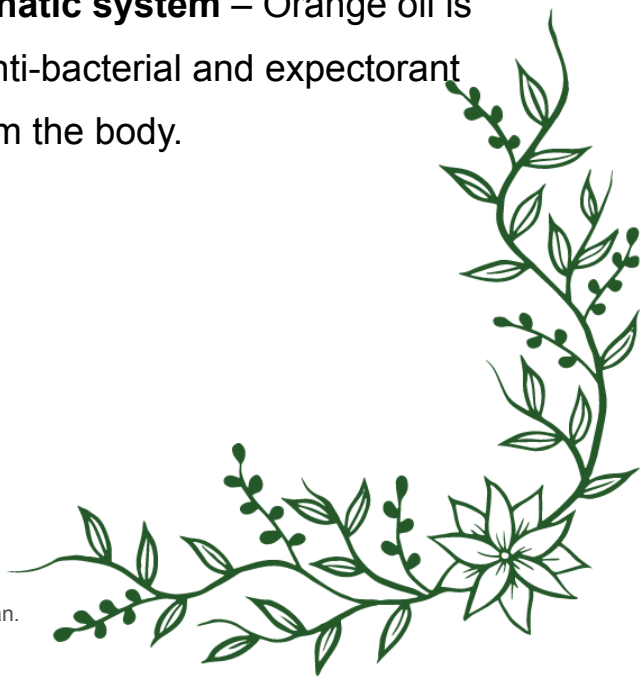
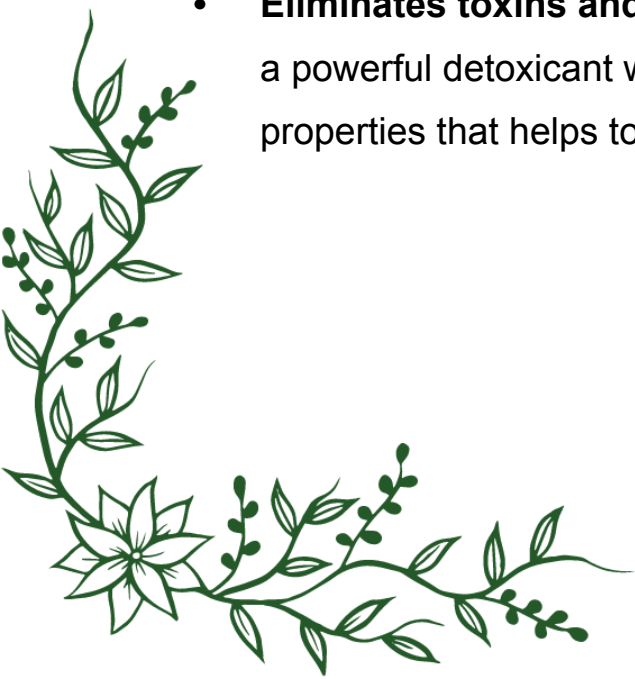
Healing Properties Of Orange Essential Oil

Orange essential oil has the following healing properties:

Properties

Anti-fungal, anti-viral, anti-microbial, antispasmodic, anti-oxidant, anti-bacterial, antiseptic, sedative, anti-depressant, anti-inflammatory, expectorant, digestive, detoxicant and analgesic.

- **Respiratory issues** – Orange oil is especially useful in soothing respiratory issues such as colds, flu, asthma and bronchitis due to its antiviral, anti-microbial, antispasmodic, anti-oxidant, anti-bacterial, antiseptic, anti-inflammatory and analgesic properties.
- **Nervous tension and Stress** – Orange oil can help to create feelings of happiness and relieves stress and nervous tension due to its sedative and anti-depressant properties.
- **Insomnia** – Orange oil is a sedative oil that can help to ease both adults and children into a relaxed , stress free state that can lead to a peaceful night's sleep.
- **Eliminates toxins and boosts the lymphatic system** – Orange oil is a powerful detoxicant with anti-oxidant, anti-bacterial and expectorant properties that helps to remove toxins from the body.



- **Skin care** - It can be used in a cream to detoxify congested skin and is a good general skin tonic. Orange oil is particularly good for more mature skin and for soothing dermatitis, as well as acne and soothing a dry irritated skin.
- **Immune system** – Orange oil with its anti-viral, anti-microbial, anti-bacterial, antiseptic and anti-inflammatory properties can help to boost the immune system.



Ways to use Orange Essential Oil

Diffuse

- Orange essential oil can be used in diffusers or oil burners. Using Orange essential oil in this way is particularly beneficial in relieving symptoms associated with respiratory infections such as colds and flu. Orange is an uplifting oil that can create an uplifting atmosphere, it can help to relieve nervous tension and reduce feelings of stress creating a feeling of happiness and general well-being. Can be used to help drift off to sleep.

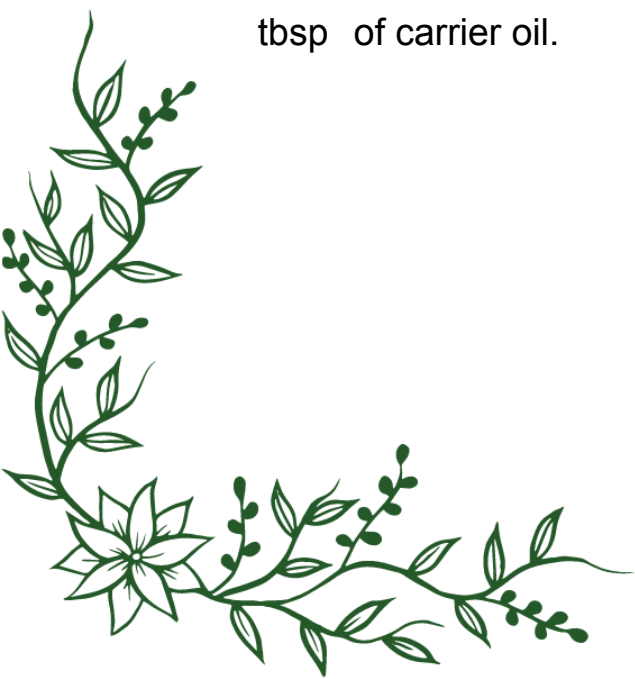
Diffuse 1 - 3 drops of Orange essential oil in an oil burner or diffuser.

Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles . Orange essential oil can help to eliminate toxins from the body, used in massage it can help to boost the lymphatic system. It can help to relax the mind and relieve tension and stress stored in the body.

Adults - up to 7 drops of Orange essential oil in 1 tbsp of carrier oil

Children over 2 years old - up to 3 drops Orange essential oil n 1
tbsp of carrier oil.



Cream

- Adding a few drops of Orange to a base cream is a great way of harnessing its diuretic properties to help to boost the lymphatic system, helping to detoxify the skin and assist in the elimination of toxins. It is a good essential oil for maturing skin as it supports collagen formation in the skin, which is required for a healthy, young-looking skin. It is also good for relieving dermatitis and dry and flaky skin.

Add up to 12 drops of Orange essential oil to 30 ml of base cream.

Bath

- Orange essential oil can be added to a warm bath to help relieve feelings of stress and nervous tension and help to relax the mind before bed.

Add 1 - 3 drops of Orange essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Inhalation

- Inhaling Orange essential oil is effective in helping to relieve symptoms associated with respiratory tract infections. Steam inhalation helps to clear congestion in your head, nose and chest.

Simply add 1 -3 drops of Orange essential oil to a bowl of hot water, place a towel or blanket over your head and shoulders to enclose your head over the bowl and inhale for 5 – 10 minutes.

Note: Steam inhalation may be too strong for children, instead place the bowl in the room or close by and allow the steam to infuse in the air.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Orange goes particularly well with oils such as:

- Black pepper
- Cinnamon
- Cloves bud
- Ginger
- Frankincense
- Sandalwood
- Vetiver
- Grapefruit
- Rose
- Lime
- Tangerine
- Ylang Ylang



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

As with all citrus oils you should avoid exposure to the sun or using a sunbed for about 12 hours after using Orange as it can cause skin pigmentation problems.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Orange is one such oil.



About *The Reformed Bohemian*

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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