

## TANGERINE



**Plant/Part:** Fruit/Peel (Source: USA/Sicily )

**Latin Name:** Citrus Reticulata

**Family:** Rutaceae

**Extraction:** Cold Expression

**AROMA:** Sweet, light and tangy.

**PROPERTIES:** Antiseptic, Antispasmodic, Cytophylactic, Sedative, Stomachic, Tonic. Effects the digestive system, dealing with all manner of gastric complaints like flatulence, diarrhoea, constipation as well as stimulating flow of bile, thus helping to digest fats. A ' tonic to the vascular system particularly the peripheral circulation which nourishes the veins and arteries in the extremities, therefore activating tired and aching limbs.

**CHEMICAL CONSTITUENTS:** Citronellol, Linalool (Alcohols) , Citral (Aldehyde), Cadinene (Sesquiterpene), Limonene (Terpene).

**PRECAUTIONS:** Warning: Avoid use in sun.

**BLENDS:** Bergamot, Chamomile, Clary Sage, Frankincense, Geranium, Grapefruit, Lavender, Lemon, Lime, Neroli, Orange, Rose.

The Tangerine tree was originally native to China, but is now grown predominantly in the United States, Sicily and Italy. The tree is also very similar to the **MANDARIN**.

Tangerine essential oil has the typical citrus scent fresh, radiant, and tangy sweet. With only subtle differences, it smells a lot like the Mandarin, with some even considering them identical. In comparison to Sweet Orange, Tangerine can be seen as lighter with more candy-like tones.

Tangerine is similar to other essential oils in the citrus family in that it can be phototoxic. Care should be taken not to expose the skin to sunlight after a treatment. Similarly, the oil should be diluted well before use on the skin.

Tangerines were originally from China but were transported by early traders to Europe around the early 1800's. It did not take long for this tangy fruit to travel to the United States where the largest harvests come from today. Tangerines are for the most part, harvested in November. The tangerine is a sweet and tangy fruit which has a deep orange color and does not contain any pits. Tangerine essential oil is extracted from the peel of the tangerine by cold expression. This essential oil is used for dietary, aromatic or topical use and is used as a calming agent. Tangerine essential oil is an excellent oil to help uplift the spirits and bring about a sense of security and



has been used to help reduce the symptoms of RHEUMATISM, CELLULITIS, stretch marks and as a nerve tonic. Tangerine essential oil is also highly enriched with the antioxidant d-limonene and is extracted from Citrus reticulata of the Rutaceae family and is also known as the European mandarin.

Tangerine essential oils are used to soothe the NERVOUS SYSTEM and can be used as a tonic to help with the digestive system. It has also been known to help with diarrhea, constipation and flatulence. Tangerine essential oil is also very good for the skin and helps to prevent stretch marks. It is great for increasing blood circulation and helps to prevent fluid retention. Tangerine essential oil has all of these properties while relieving stress and anxiety. When tangerine essential oil is put on a small oil burner and vaporized it is very calming to the senses and gives off a soft citrus scent. It is very pleasing to the senses and helps with the digestive system when inhaled. When tangerine essential oil is blended in massage oil or diluted in bath water, the oil will help with the nervous system. The massage oil is especially helpful with the digestive system complaints of flatulence, constipation and diarrhea.

As a cream or lotion, tangerine essential oil, is a great help for the uncomfortable symptoms of pregnancy. It improves the blood circulation and helps to prevent fluid retention, while working to prevent stretch marks. It is best not to expose the skin to sunlight after applying, as it has been known for phototoxicity. Other than this precaution, tangerine essential oil is a non-toxic, non-irritant and non-sensitizing oil. This oil must be diluted before use on sensitive areas such as the genital area, neck and face and should not be used on infants or small children.