

MANDARIN / TANGERINE

Latin Name: *Citrus reticulata* Blanco

Botanical Family: Rutaceae

Other Common Names: Red Mandarin, Tangerine

Extraction Information

Country of Origin:	Italy, Argentina
Part of Plant Used:	Peel or Zest
Extraction Method:	Expression or Steam Distilled
Oil Content:	17 – 22%
Color of Oil:	Yellowy, Green

Blending Information

Odor Description:	Sweet, Fresh, Citrus
Blending Factor:	7
Note:	Top
Energy:	warm, dry
Blends Well With:	Sandalwood, Neroli, Lavender, Roman Chamomile, Lemon, Lavandin, Clary Sage, Geranium, Ylang ylang, Palmarosa, Coriander seed, Myrrh
Indicated For:	Detoxing to congested skin, oily skin

Safety Information: Use less than 7 – 10 drops of citrus oils combined or singly, in a bath to avoid skin irritation. Dilute citrus oils into a dispersant prior to adding the bath to reduce potential skin irritation.

Contraindications: Non-Phototoxic. (Tisserand and Young, 2014) One of the safest oils to use for all ages

GRAS status:

Botany:

Citrus reticulata is normally a small spreading tree that grows to 4 m. It is native to the Far East, particularly southern China. The tree has a core trunk with numerous branches with delicate green leaves. The peel color varies from yellow to deep orange-red when ripe, and is loose and easily removeable. The peel contains oil secreted in glands in the zest of the fruit. The tree prefers a hot, humid climate (tropical), and rich soil, although trees in a more



temperate climate grow more slowly and produce a greater quantity of oil. Semi-ripe fruit has the greatest oil yield.

History + Myth

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The tangerine tree was originally cultivated in southern China. The fruit was traditionally offered to the rulers or Mandarins as a token of respect. It was introduced to Europe and America in the 1800's.

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Therapeutic Actions

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Antidepressant, antiseptic, antispasmodic, **anxiolytic**, cholagogues, digestive, **nervine**, sedative

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<p>Chemical Feature:</p> <p>Rich in monoterpenes, specifically d-limonene</p> <hr/> <p>Chemical Composition</p> <p>General Chemical Composition of <i>Citrus reticulata</i></p> <table border="1"><thead><tr><th>Chemical family</th><th>Specific components</th></tr></thead><tbody><tr><td>Monoterpenes</td><td>α-pinene (0.80%), α-thuyene (0.12%), β-myrcene (1.82%), β-pinene (0.28%) γ-terpinene (2.02%), d-limonene (92.36%), sabinene (0.33%)</td></tr><tr><td>Monoterpene Alcohols</td><td>linalol (0.29%)</td></tr></tbody></table> <p>http://www.stillpointaromatics.com/tangerine-essential-oil-aromatherapy</p>	Chemical family	Specific components	Monoterpenes	α -pinene (0.80%), α -thuyene (0.12%), β -myrcene (1.82%), β -pinene (0.28%) γ -terpinene (2.02%), d-limonene (92.36%), sabinene (0.33%)	Monoterpene Alcohols	linalol (0.29%)	<p>Core Aromatic Applications:</p> <p>Circulatory system: improves general circulation, aids excess fluid elimination</p> <p>Digestive system: stress-related digestive upset, said to stimulate appetite (especially after illness or depression)</p> <p>Nervous system: nervous tension, insomnia (used with lavender), nervous disorders, headaches</p> <p>Reproductive/ Endocrine system: PMS, hormonal imbalance, birth and labor stress management¹</p> <p>Skin: detoxing to congested skin, oily skin</p> <p>Psyche + Emotion: nurturing, warming, sense of well-being, uplifting yet calming, temper tantrums, depression, anxiety, disturbed eating patterns, fear of physical contact, dislike of exercise, limited communication skills, hyperactivity in children²</p> <p>Subtle/Energetic: Mandarin speaks to the child within and assists an individual in clearing out clogged ideas.³ Leigh recommends the use of mandarin for the eighth chakra or etheric body. Mandarin regulates Liver-QI and can ease depressive stress⁴</p>
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Monoterpene Alcohols	linalol (0.29%)						

Keywords: Calming yet uplifting, soothing, gentle

Research/ Additional Notes:

NOTE: Tangerine and mandarin are from two trees, both of which are botanically *Citrus reticulata*, however they are varieties of this species. The mandarin originated in China and is cultivated in Europe. It is considered to have a superior aroma to US tangerine, which is derived from the variety *Citrus reticulata* Blanco var. *deliciosa*. Actander (1994) comments that the US tangerine is much larger than the mandarin and has a different aroma; it should not be used as a replacement for mandarin oil.⁵

References

1. Buckle, J. (2003). *Clinical Aromatherapy*. Philadelphia: Elsevier Science, pg. 174.
2. Buckle, J. (2003). *Clinical Aromatherapy*. Philadelphia: Elsevier Science, pg. 225.
3. Leigh, I. (2001). *Aromatic Alchemy*. Winchester, MA: Mansion Publishing Ltd. 3
4. Mojay, G. (1997). *Aromatherapy for Healing the Spirit*. Rochester, VT: Healing Arts Press. 4
5. Arctander, S. (1994). *Perfume and Flavor Materials of Natural Origin*. Carol Stream, IL: Allured 5

Publishing.