

SWEET ORANGE

Latin Name: *Citrus sinensis* (L) Osbeck syn. *Citrus aurantium* vari. *Sinensis* L.

Botanical Family: Rutaceae

Other Common Names: Orange

Extraction Information

Country of Origin:	Israel, USA, Spain, Italy
Part of Plant Used:	Peel or Zest
Extraction Method:	Expression
Oil Content:	0.5 – 3.5%
Color of Oil:	Clear to light yellow

Blending Information

Odor Description:	Refreshing, Citrusy, Orange
Blending Factor:	7
Note:	Top
Energy:	warm
Blends Well With:	Neroli, Other Citrus oils, Lavender, Jatamansi/Nard, Sweet Marjoram, Frankincense species, Cedarwood, Patchouli, Elemi

Safety Information: NON-PHOTOTOXIC. Use less than 7 – 10 drops combined or singly, in a bath to avoid skin irritation.

Contraindications: Average shelf life 1 – 3 years. Store in a dark container away from sunlight and heat to prevent oxidation and dermal sensitization.

GRAS status:

Botany:

Citrus sinensis is a medium sized tree which can reach between 8 – 15 m. The tree normally has a single trunk with many branches and leaves which are dark green above and slightly lighter underneath. The flowers are fragrant and white, the peel is orange when ripe with a smooth, somewhat wrinkled texture.



History + Myth

The English word for the color orange is derived from the Arabic name of the fruit. Oranges were considered by some to be the 'golden apples' of Greek mythology that the goddess of fertility gave to Hera when she married Zeus.¹ It is believed that the Moors brought the orange to Spain and the Spanish and Portuguese introduced them into the new world in the 1500s. The orange grows well in cooler climates which promote the formation of carotene. Through the 18th and 19th centuries, sweet oranges were considered to be a delicacy for the wealthy.

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Therapeutic Actions

Antidepressant, antiseptic, antispasmodic, anxiolytic, aperitive, carminative, digestive, febrifuge, nervine, uplifting

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Chemical Feature: Rich in monoterpenes		Core Aromatic Applications:	
Chemical Composition		Digestive system: indigestion, nervous stomach	
General Chemical Composition of <i>Citrus sinensis</i>		Nervous system: insomnia, anxiety, depression, agitation	
Chemical Family	Specific Components	Psyche + Emotion: depression, refreshing, cheerful, brings happiness, sunshine, nourishing, challenging behavior, limited communication skills, disturbed eating patterns.	
Monoterpenes	α -pinene (0.57%), α -terpinene (0.09%), d-limonene (95.85%), α -myrcene (1.69%), sabinene (0.21%)	Subtle/Energetic: Sweet orange is a happy, uplifting essential oil that can bring the sunshine into an individual's life. Sweet orange allows one to expel any sour feeling in the heart and soul as well as attracts good fortune and luck. ³	
Monoterpene Alcohols	linalol (0.08%), octanol (0.19%)	TCM: Orange unblocks and circulates stagnant Qi-energy, mainly when it accumulates in the liver, stomach, and intestines. ⁴	
Aldehydes	decanal (0.26%)		
http://www.stillpointaromatics.com/orange-essential-oil-aromatherapy?keyword=orange			

Keywords: Uplifting, refreshing, warming, happy, cheerful, digestive, relieves anxiety

Research/ Additional Notes:

Citrus sinensis (sweet orange) oil demonstrated anxiolytic activity.⁵ Those results suggest an acute anxiolytic activity of sweet orange essence, giving some scientific support to its use as a tranquilizer by aromatherapists.⁶

Massage with Sweet Orange (Citrus sinensis) exhibits harmonizing activity via dermal absorption. This clinical trial provided air supply so that the study focused on the dermal absorption of sweet orange essential oil and its effects on the autonomic nervous system. Transdermal absorption of sweet orange oil led to a significant decrease in pulse rate (e.g. a decrease in ANS arousal) and breathing rate. On the emotional level, sweet orange led to changes in subjective mood and vigor. Individuals who were massaged with sweet orange rated themselves as more cheerful and more vigorous than the control group. Transdermal absorption of sweet orange oil reduced the level of arousal of the autonomic nervous system but did not lead to deactivation at the behavioral level. Thus, the effects of sweet orange essential oil may be characterized by the concept of 'harmonization' rather than relaxation/sedation.⁷

References

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