

# Orange



One of the reasons that I have singled out Orange oil (*Citrus sinensis*) is for its ability to bring peace and happiness to the mind while providing a calming influence on the body. Orange essential oil has a rich, fruity scent that lifts the spirit. Pure *Citrus sinensis* (orange) oil is rich in the powerful antioxidant d-limonene and aids in maintaining normal cellular regeneration. Sweet orange oil may also be used to enhance the flavor of food and water. Orange oil has an approximate ORAC of 18,898

**Plant Origin:** USA, South Africa, Italy, China  
**Extraction Method:** Cold pressed from rind.

## What do I use orange essential oil for?

Citrus scents provide the top notes of a blend or can round out the minty smell when using peppermint or spearmint. Some of the common applications include:

- Calming on the stomach and useful in digestion of fats;
- Helps to rebuild collagen and assists in the regeneration of tissue;
- Soothes nervous tension, stress related conditions, lifts depression and encourages a positive outlook.

Orange essential oil is uplifting and helps to reduce anxiety and stress. A 1995 Mie University study found citrus fragrances boosted immunity,

induced relaxation and reduced depression. This is particularly good for those in geographical locations that lack sunshine and don't get adequate sunlight on a regular basis or rooms without much light. Diffusing orange essential oil is great for helping with depression and seasonal affective disorder. Orange essential oil is very warming oil both physically and emotionally.

Orange helps to stimulate joy, optimism and playfulness, harmonizing feelings and awakening to creativity. It's wonderful to diffuse and use for household cleaning for both children and for adults particularly during times when you may feel tense, nervous and withdrawn and need help to relax and open up.

The fruit of *Citrus sinensis* is called sweet orange to distinguish it from *Citrus aurantium*, the bitter orange. Sweet Orange essential oil is produced by glands inside the rind of an orange fruit. This can be seen when an orange is peeled, the fine mist that sprays into the air emitting that delicious orange scent is the essential oil. The orange peels are cold-pressed to extract the essential oil. Young Living orange essential oil is food grade and can be used as a flavouring of food and drinks, as seen below. While orange essential oils fragrance in perfumes and aromatherapy by massage therapists and other health professionals provides emotional and physical benefit.



## Benefits of Orange Essential Oil

- Orange can help reduce fluid retention, overcomes sadness, calming to children, aid digestion, mouth ulcers and gas.
- Orange essential oil can stimulate sensuality and pleasure... especially when combined with ylang ylang essential oil. Diffusing orange and ylang ylang essential oils together can be a quite alluring and sensual scent.



- Affect on the psyche: The aroma of therapeutic essential oils triggers physiological and psychological responses through the olfactory response. They can lift our moods, aid in fighting mild to moderate depression, increase alertness, calm aggressive behaviour, and help to deal with emotional trauma. Essential oils can also lower anxiety, increase memory, and even affect our dreams (using one of the recipes below and used in a spray bottle can also help frighten away monsters under the bed at night). Oils such as: lavender, orange, bergamot, rose, jasmine
- Support urinary system: The eighth edition of Useful Drugs, published by the American Medical Association in 1930, listed a number of essential oils that were rubbed into the kidney area or taken internally (1-2 drops) to help with

common urinary, kidney, and bladder infections. Oils known for urinary support are: orange, oregano, tea tree (not for internal use), juniper, rosemary.

- Alertness and focus: The greatest fears of the aging population are the loss of mind, forgetfulness, or dementia. Essential oils have a profound impact on keeping the mind alert and focused. Oils known for these properties are: frankincense, sandalwood, cedar wood, lavender, orange, peppermint, rosemary.
- May reduce the possibility of cancer: A vast amount of research indicates that constituents of essential oils may play a major role in cancer prevention and act as an adjunct to cancer therapies. Numerous studies on essential oils seem promising for specific types of cancer.
- Oils such as: frankincense, lemon, orange, lemongrass, clary sage, bergamot, helichrysum, clove, tsuga, lavender
- Beneficial for hypertension and arteriosclerosis.

## Ways to Use Orange Essential Oil

Orange essential oil has many uses both physiologically and emotionally. Its fresh cheery scent makes it a favourite of mine and many others.

## Orange Essential Oil for Cooking

- Use 1-2 drops Grapefruit, Orange or Lemon essential oil in your water (or any combination of these). It's a great way to cleanse the body, the scents are uplifting to your mind – no calories!
- Try adding 2-5 drops in a protein shake or fruit smoothie (a splash of NingXia Red also adds antioxidants and flavour to smoothies and shakes).
- Orange essential oil is terrific in desserts too; like cheesecake, cookies, and

anything chocolate. Add a single drop to your baking recipes for a wonderful fresh orange flavour.

- Add 1-2 drops in your favourite oil and vinegar salad dressing recipe.
- Mix with Ginger Ale and NingXia Red Juice with several drops of orange essential oil for a yummy and nutritious punch for parties. Note: the amounts of Ginger Ale and NingXia Red will determine how many drops of orange essential to use start off with 3-4 drops and add more only if necessary, remember therapeutic-grade essential oils are very concentrated and as such are very potent.

### Orange Essential Oil and Household Cleaning

Therapeutic-grade orange essential oil consists of about 85-96% d-Limonene. Limonene is an efficient cleaning agent which is promoted as being environmentally friendly and preferable to petroleum distillates, as shown in the tips and recipes below. The smell of Young Living Orange essential oil is considered much more pleasant than what is used in store-bought cleaners (it's higher quality).

- Eliminate odours in fridge: add one drop orange, lemon, grapefruit, bergamot, Thieves, Purification essential oil to a cup of water. Using a sponge wipe surface of icebox, freezer, oven and trash cans.
- Use orange essential oil for cleaning oil and grease from your cook top and surrounding areas in the kitchen.
- Add a few drops of orange essential oil to hand soap to clean dirt, grease and even paint off dirty hands.

### Orange-Peppermint Air Fresher

- 8-10 drops Orange essential oil
- 6-8 drops Peppermint essential oil

In a 400ml (14 oz) spray bottle, fill with water to 7/8 full, add essential oils and shake. Spray into centre of room for a clean fresh scent. This blend is also terrific to use as a bathroom spray, simply use a smaller spray bottle and adjust the number of drops used.

- Mix a couple drops of orange essential oil with some baking soda to make a paste and brush your teeth for natural teeth whitening instead of chemical bleaches that are absorbed into the bloodstream.
- Make your own Orange-Scented Dryer Sheets; simply take a clean and dampened washcloth (an old one is fine) and put 3-6 drops of Orange essential oil on the cloth and toss into dryer with laundry. Note: do NOT use other brands of essential oils for this purpose they contain carrier oils that can permanently stain clothing.



**Medical Properties:** Antitumoral, relaxant, anticoagulant, circulatory stimulant. Rich in limonene, which has been extensively studied for its ability to combat tumor growth in over 50 clinical studies.

**USES:** Arteriosclerosis, hypertension, cancer, insomnia, and complexion (dull and oily), fluid retention, and wrinkles.

**Cautions:** Avoid applying to skin that will be exposed to sunlight or UV light within 24 hours.