

Citrus aurantium/*Citrus bigaradia*/*Citrus vulgaris*

ORANGE, NEROLI & PETITGRAIN

Native to Asia, the bitter, or Seville, orange tree is thought to have been introduced to Europe along Arab trade routes around AD1200. The tree gained popularity in Spain under Moorish rule, but as oranges were scarce and expensive, they were not greatly used in European herbal medicine until

the late 17th century. By the 18th century, they were being recommended for an enormous variety of complaints, ranging from melancholia to heart problems and colic. The tree yields three essential citrus oils: orange, neroli, and petitgrain. Today all are used to calm the nerves and combat insomnia.

Citrus aurantium, *Citrus bigaradia*,
Citrus vulgaris

ORANGE

THERAPEUTIC PROPERTIES

Historically, this citrus oil was used in Europe as a mild tonic to treat the nerves, bronchitis and digestive problems, as it still is in traditional Chinese medicine.

— EMOTIONS & MIND —

Orange is considered a general tonic. The uplifting, familiar scent can allay anxiety and is popular with children.

— DIGESTIVE PROBLEMS —

Its anti-spasmodic action helps to reduce colic and heartburn. To treat constipation and indigestion, massage the abdomen with diluted oil.

BACK MASSAGE



Orange oil, like neroli and petitgrain, can ease stress in the back (see pages 48–53).



ORANGE OIL is expressed from the rind of the bitter orange fruit.

— SKIN & BEAUTY —

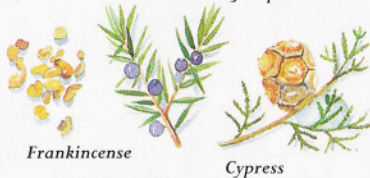
Mildly astringent. Use orange oil in facial creams or oils for facial massage to bring vitality to the skin.



Main constituents: limonene, myrcene, citral, citronellal

OIL COMBINATIONS

Juniper



Frankincense

Cypress

FRANKINCENSE AND JUNIPER add spice to orange oil, and cypress provides a clean, fresh scent.

SCENT

Fresh, citrus-like, dry

NOTE

BASE MIDDLE TOP

EXPENSE RATING

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CAUTIONS

Avoid sun/sunbeds for 6 hours; can cause allergies. See page 16.

Citrus aurantium, Citrus bigaradia

NEROLI

THERAPEUTIC PROPERTIES

One of the most exquisite scents, neroli is prized for its gentle sedative nature. The oil is said to be named after the wife of the Italian prince of Nerola, who used it extensively.

EMOTIONS & MIND

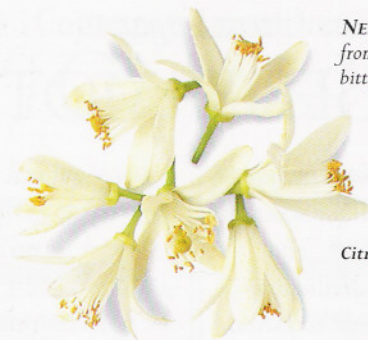
Extremely beneficial in treating panic attacks and insomnia (see pages 98–99).

DIGESTIVE PROBLEMS

For stress-related disturbances, such as irritable bowel syndrome, gently massage the abdomen with diluted oil.

SKIN & BEAUTY

Valuable in skin-care preparations, particularly for mature or sensitive skin and for broken capillaries.



NEROLI OIL is distilled from the blossom of the bitter orange tree.

Citrus aurantium



Main constituents: linalol, limonene, linalyl acetate, nerol, geraniol

OIL COMBINATIONS

Benzoin



Lavender

Frankincense

BENZOIN AND FRANKINCENSE deepen the scent of neroli, and lavender enhances its sedative qualities.

SCENT

Intensely sweet, rich, floral

NOTE

BASE MIDDLE TOP

EXPENSE RATING

CAUTIONS

See page 16.

Citrus aurantium

PETITGRAIN

THERAPEUTIC PROPERTIES

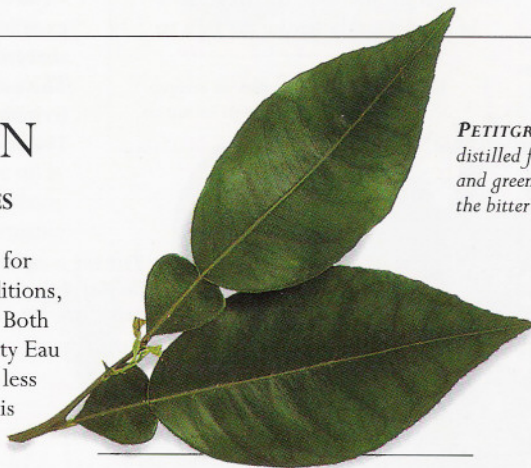
Petitgrain oil resembles neroli therapeutically and is also good for nervous and stress-related conditions, including insomnia, and jet lag. Both are frequently used in high-quality Eau de Cologne. Being cheaper and less intense in aroma than neroli, it is also popular in massage oils.

EMOTIONS & MIND

I use petitgrain for its ability to relieve stress. It is lovely in a bath oil to banish fatigue and relieve anxiety.

SKIN & BEAUTY

Especially good for irritated skin and acne. Use it in a facial massage or add to home-made face creams (see page 72). It also makes a good hair tonic – add 12 drops to the final rinse.



PETITGRAIN OIL is distilled from the leaves and green twigs of the bitter orange tree.



Main constituents: linalyl acetate, linalol, limonene, geraniol, terpineol

OIL COMBINATIONS

Rosemary

Clary sage



Geranium

GERANIUM OIL rounds out the aroma of petitgrain, while rosemary oil adds sharpness, and clary sage enhances its sedative effects.

SCENT

Floral, citrus-like, woody

NOTE

BASE MIDDLE TOP

EXPENSE RATING

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CAUTIONS

See page 16.