

Essential Oil of the Month: Orange

By Kathy Padecky, Aromatherapist, HHP, CBS

Orange

Botanical Name: Citrus sinensis

Common Name: Wild orange, orange, sweet orange

Why I love Jasmine: I love spending time in my backyard inhaling the fragrance of the orange blossoms. It evokes happy memories growing up in Florida's sunshine and playing on the beach. The scent of oranges filled the air where I lived. The sun's golden energy and the tropical orange scent regenerate my body, mind and soul.

Aroma and scent: Orange has a zesty, fruity, tangy, refreshing fragrance.

Native to and history: Orange is derived from the Sanskrit word for fruit, naranj. Orange is native to China. In 1520, Portuguese explorers brought the sweet orange to Europe. It originally was known as the "Portugal orange." Christopher Columbus brought the lemon and orange to the West Indies. Most of the orange essential oil is produced in France, Italy, Israel, Cyprus and the United States. In the 18th century, Europe, oranges gained a reputation for alleviating nervous disorders, heart problems, colic, asthma and melancholy. Early Spanish missionaries brought the orange to California.

Ancient China recognized the healing properties of orange as part of the traditional Chinese medicine. Chinese medicine states when there is excess stress and tension it creates stagnation

in the liver. Orange alleviates the stagnant energy in the liver. Orange is an essential oil I diffuse and use frequently. It is the rind of the unripe bitter orange that provides the greatest value in stimulating digestion and relieving muscle spasms. When you go to a Chinese restaurant or novelty shop, you will generally see oranges displayed. The orange is a traditional Chinese symbol for good luck and prosperity.

Chemistry: Orange contains 96% monoterpene which is characteristic of all citrus rind oils. Limonene, a



monoterpene comprises 90% of this essential oil. Limonene is reported to have anti-carcinogenic activity (Opkyke 1974c p. 733). Orange essential oil is reported to retard tumor formation when a mouse was treated with a primary carcinogen (Nacino et al 1975). Monoterpenes stimulate the immune system. The character, fragrance and healing properties are determined by the over 140 minor chemical trace compounds. The numerous trace chemical compounds in orange essential oil provide synergistic and dramatic results. Other components include: Esters which provide anti-inflammatory properties. Aldehydes are very fragrant and have a powerful effect on the endocrine system. Alcohols are supportive to the immune system. Ketones are anti-microbial and liquefy mucus in the body. Orange stimulates the lymphatic system to facilitate the elimination of toxins.

Part of the plant: The orange tree is a small evergreen with shiny dark leaves and white flowers. The peel/rind is cold-expressed to obtain the orange essential oil. The essential oil color is golden yellow.

Orange may help the body recover from the following: acid reflux, anxiety, colds, constipation, depression, diuretic, eczema, eliminates toxins, gastro intestinal issues, general body tonic, heartburn, lymphatic (stimulates), muscle pain, oily skin, sadness, stress, withdrawn and worry

Orange blends with: angelica, bay, benzoin, bergamot, black pepper, cinnamon, clove, coriander, frankincense, geranium, ginger, grapefruit, jasmine, juniper, lemon, litsea cubeba, marjoram, neroli, nutmeg, patchouli, petitgrain, rose, rosewood, sandalwood, vetiver, ylang ylang.

Body, Mind and Spirit Connections: Orange dispels depression and anxiety. It removes gloomy thoughts and a fear of the unknown. It uplifts a heavy heart and promotes a sense of joy. It creates a positive outlook on life. Children love the smell of oranges. It promotes a sense of calmness in overactive children and adults.

The orange fruit nourishes the body and the essential oil nourishes and uplifts the soul. When a person stands or sits for long periods of time, excess fluid builds up. Orange stimulates lymphatic activity to disperse metabolic build up.

Orange helps with the formation of collagen to repair body tissues. It is beneficial in helping one sleep. It is believed

to reduce high levels of cholesterol in the blood. Orange is suited for a hard working individual striving for perfection. Orange helps one to approach life in a more relaxed manner.

Contraindications and Precautions: Orange is a photosensitive essential oil. If you massage orange essential oil on the skin, avoid exposing the skin to direct sunlight for 12 hours or using a tanning booth. Dilution is required.



Essential Oil Recipes:

Revitalizing Orange spritzer

12 drops orange
4 oz. of distilled water
Amber, blue or green glass mister bottle

Add the essential oil to the distilled water. This is an

uplifting depression alleviating blend. It is also a fragrant disinfectant spray for bathrooms and kitchens.

Carpet freshener

6 drops orange
1 cup borax
5 drops lavender
Sprinkle on carpets, let sit and then vacuum. This will deodorize the carpets and deter insects and fleas.

Digestive Formula

7 drops orange
3 drops black pepper
2 drops peppermint
Blend the essential oils in your favorite vegetable or carrier oil and apply to the desired area.

Eases emotions formula

7 drops orange
3 drops neroli
2 drops cinnamon
Blend the essential oils in your favorite carrier oil. Apply to the chest area. Inhale this inviting fragrance.

Sunkiss agave/honey facial

1 tsp. honey or agave
1 drop of orange essential oil
Place agave or honey in the palm of your hand and stir in the essential oil. Massage and pat onto face and leave for 20 minutes. Rinse with warm water. This makes enough for one application.

Heartburn/acid reflux relief blend

1 or 2 drops orange
1/4 cup water
Orange is certified by the FDA to be GRAS (Generally Regarded As Safe). Add the essential oil to 1/4 cup water and drink to reduce acid reflux or heartburn.

Helpful Hint: Orange oil protects furniture from insect damage when added to furniture polish.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. Products and/or techniques mentioned are not intended to diagnose, treat, cure or prevent any disease. The information provided is for educational purposes only and is not intended as diagnosis, treatment, or prescription for any disease. The decision to use, or not use, any of this information is the sole responsibility of the reader.

Resources:

Aromatherapy for Massage Practitioner by Ingrid Martin
The Fragrant Mind by Valerie Ann Worwood
Aromatherapy for the Soul by Valerie Ann Worwood
Aromatherapy blends & Remedies by Franzesca Watson
The Essential Oils Book by Colleen K. Dodt
Aromatherapy for Healing the Spirit by Gabriel Mojay
Spa Bodywork, A Guide for Massage Therapists by Anne Williams
Reference Guide for Essential Oils by Connie and Alan Higley
The Chemistry of Essential Oils Made Simple by Dr. David Stewart
Aromatherapy for the Beauty Therapist by Valerie Ann Worwood
Aromatherapy Remedies by Chrissie Wildwood
Subtle Aromatherapy by Patricia Davis
The Directory of Essential Oils by Wanda Seller
Earthly Bodies & Heavenly Hair by Dina Falconi
Essential Aromatherapy by Susan Worwood
Aromatherapy for Health Professionals by Shirley & Len Price

About the Author: Kathy Padecky is an Aromatherapist and a Holistic Health Practitioner (HHP). She began working in the holistic health field in 1981 and teaches various massage modalities, aromatherapy, and hydrotherapy at the International Professional School of Bodywork (IPSB). Ms. Padecky is also publisher of the "Sacred Scents" Newsletter.

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