



Name	Latin Name	Origin
Sweet Orange	Citrus Sinensis	South Africa
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$9	
Part of plant	Safety note	Conservation Status
Fruit peel	Non-toxic, though it may cause skin irritation. use in low dilution (1-2%) when applying to the skin, such as in bath or massage oils. Older, oxidized oils increase potential for skin irritation. Sweet orange is not phototoxic.	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> <li>• Monoterpene rich</li> </ul>	<ul style="list-style-type: none"> <li>• Analgesic</li> <li>• Anti-inflammatory</li> <li>• Antibacterial</li> <li>• Antidepressant</li> <li>• Antioxidant</li> <li>• Antispasmodic</li> <li>• Antiviral</li> <li>• Astringent</li> <li>• Digestive Aide</li> <li>• Diuretic</li> <li>• Immunostimulant</li> <li>• Liver support/protector</li> <li>• Sedative</li> <li>• Skin Penetration Enhancer</li> <li>• Tonic</li> <li>• Uplifts and relaxes</li> <li>• Useful for depression, puberty, PMT and menopause</li> <li>• Can ease nervous tension and sadness</li> <li>• Beneficial when treating wrinkles, skin hydrated</li> <li>• Reduces nausea</li> <li>• Reduces minor pain and inflammation</li> <li>• Emotionally it brings bright energy and positivity to those struggling with situational depression or a negative outlook. It can provide courage to those who are overwhelmed or reluctant to ask for help</li> </ul>

Synergy	Energetics
<p><b>Synergy 1</b> d-Limonene (analgesic, antihypotensive, anti-inflammatory, antinociceptive, antiobesity, antioxidant, antitumoral, anxiolytic, hepatoprotective, immunostim-</p>	<p>With its bright aroma, sweet orange brings about the feeling of light heartedness &amp; contentment bringing joy, optimism &amp; stability. It supports the wounded heart seek a connection with the soul. Cooling and thermal</p>

ulant, skin penetration enhancer, stimulant of autophagy, vasorelaxant).

#### Synergy 1 Primary Combinations

bitter orange, grapefruit, lemon, lime, mandarin, yuzu,

#### Synergy 1 Secondary Combinations

angelica root, black pepper, bergamot, combava peel, fennel, neroli, rhododendron, spearmint .

#### Synergy 2

□-Myrcene (analgesic, antihypertensive, anti-inflammatory, antinociceptive, sedative).

#### Synergy 2 Primary Combinations

cannabis, cape may, hops, juniperberry, lemongrass, rosemary ct myrcene, white pine .

#### Synergy 2 Secondary Combinations

none.

#### Traditional Synergy Therapeutic Potential (Psychological)

Stress, poor self-esteem, low mood, anxiety: black pepper, clary sage, coriander seed, jasmine sambac, neroli, orange blossom abs., patchouli, Roman chamomile, rose, rosemary, sandalwood, vanilla, vetiver, ylang ylang .

#### Traditional Synergy Therapeutic Potential (Physical)

Acne, skin hygiene: balsam copaiba, blackcurrant bud, cinnamon leaf, clary sage, combava petitgrain, coriander seed, E. globulus, E. staigeriana, jasmine grandiflorum, lavender, lemongrass, lime, mandarin, manuka, neroli, palmarosa, patchouli, plai, rosalina, rose, rosemary, rosewood, sandalwood, tea tree, vanilla, vetiver, white champaca, ylang ylang

Aerial disinfection: bergamot mint, dwarf pine, E. staigeriana, manuka, niaouli, juniperberry, hemlock, lime, tea tree, thyme CT linalool, thyme CT thymol

Constipation, cramp: bitter orange, black pepper, caraway seed, cardamom, clary sage, coriander seed, fennel, ginger, mandarin, patchouli, rose, sweet marjoram

Musculoskeletal pain and inflammation: angelica root, balsam copaiba, bergamot, black pepper, black spruce, cannabis, cananga, cinnamon leaf, clary sage, clove bud, , cinnamon leaf, combava peel, copaiba, coriander seed, cypress, E. globulus, E. smithii, E. staigeriana, fennel, frankincense, galangal, galbanum, German chamomile, ghandi root, ginger, gingergrass, goldenrod, grapefruit, hemlock, juniperberry, lavender, lemon, lemongrass, mandarin, melissa, neroli, nutmeg, palmarosa, patchouli, plai, rosemary, Scots pine, spike lavender, sweet marjoram, thyme ct linalool, yuzu

Respiratory infection: combava peel and petitgrain, cypress, E. globulus, E. smithii, fragonia, juniperberry, lavender, niaouli, Scots pine, ravintsara, saro

#### References

Rhind JP. (2019) Essential Oils 3rd Edition. London:

Singing Dragon

Tisserand R, Young R. (2014) Essential Oil Safety 2nd

in nature; sweet and sour flavor; general tonic for weak digestion and poor appetite; regenerates body fluid; helps cool and moisten those who are dry and overheated from disease processes, physical activity, or hot weather.

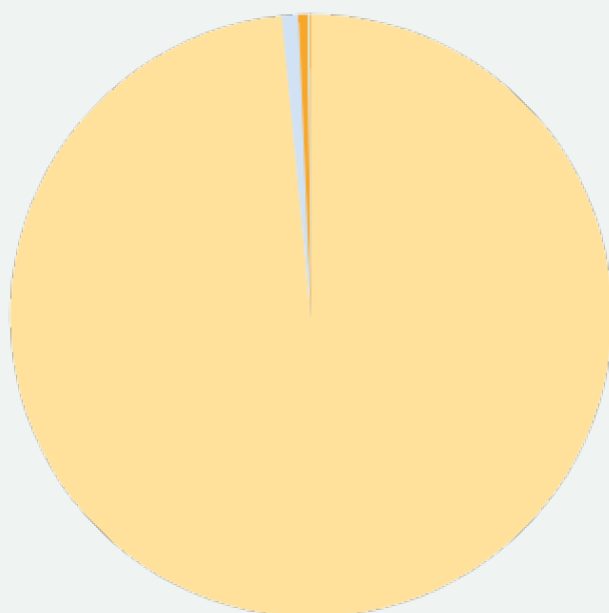
Energy - Neutral

Five Element Affinity - Wood, Fire, Earth

Scent Notes	Psychological rankings	Physical rankings
Top	Balancing	2 Digestive 2
	Calming	2 Neurological 1
	Energising	2

Ingredient notes

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### Chemical families

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monoterpenes	97.43%
aldehydes	0.88%
monoterpenols	0.48%
ketones	0.13%
sesquiterpenes	0.05%

### Complete chemical breakdown

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#### monoterpenes

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d-limonene	94.56%
b-myrcene	1.66%
a-pinene	0.51%
sabinene	0.41%
b-phellandrene	0.23%
b-pinene	0.06%

#### monoterpenols

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linalool	0.48%
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#### sesquiterpenes

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#### aldehydes

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octanal	0.33%
decanal	0.29%
geranial	0.07%
dodecanal	0.06%
nonanal	0.05%
citronellal	0.04%
neral	0.04%

#### ketones

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carvone	0.12%
nootkatone	0.01%

valencene

0.05%

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