

Wild Orange

Benefits of Wild Orange

- Strong, sweet, citrus aroma – promotes an uplifting and energising environment
- Purifies the air and cleanses worksurfaces, eliminating bacteria
- Disperses unpleasant odours – drains, plug holes etc
- Enhances your mood, dispels stress and energises. It is calming and uplifting to the mind.
- Has cleansing properties and improves the appearance of skin (* Citrus Oils and Photosensitivity)
- Supports the body's digestive and immune systems - promotes overall health
- Alleviates aches and pains – anti-inflammatory
- Polishes wood surfaces
- Delicious in baking



Dominican Republic And Brazil

dōTERRA Wild Orange essential oil is cold pressed from the fruits peel. dōTERRA sources their oranges from the sweet trees in the Dominican Republic and Southern Brazil. The ideal climates and growing conditions there contribute to the highest quality citrus oil.

<https://www.youtube.com/watch?v=iBIVTFbx65E> | dōTERRA Sourcing Brazil

Co-Impact Sourcing® | See our info sheet on dōTERRA Co-Impact Sourcing [LINK](#)

Emotional Support

- The Oil of Abundance
- Reconnects you with your inner child – fun, spontaneity, joy, playfulness
- Encourages creativity and a positive mood
- Teaches to give without compensation and to let go of the need to hoard
- Teaches that we are abundant at our core – enjoy the bounties of life
- Uses: Feelings of scarcity, over seriousness, low energy, workaholic, hoarder, envy, discouraged

www.enlightenhealing.com

*Citrus Oils and Photosensitivity

Wild Orange essential oil is commonly cold pressed, which essentially means the fruit goes through a machine that squeezes out the essential oil from the peel. This process means the presence of *furancoumarins* in trace amounts are present in the essential oil. These are a type of chemical constituent that reacts with ultraviolet rays. Therefore, caution is required when using Wild Orange essential oil topically.

Skin Sensitivity

Wild Orange essential oil may cause skin rash in people with sensitive skin. Test the essential oil on a small patch of skin before applying liberally.

Photosensitivity

Citrus oils including Wild Orange essential oil do not mix well with sunlight and can cause negative reactions including sunburn, skin discoloration and even blistering. Avoid direct sunlight or UV rays for at least 12 hours after using Wild Orange essential oil.

Other Cautions

Avoid contact with eyes, inner ears and sensitive areas. Consult with a medical professional if you are pregnant, nursing or under care.

Zero-Waste Product

Citrus oils including Wild Orange essential oil are a zero-waste product as the fruit is consumed as juice, the peel is used for essential oils and the discarded excess is used for fertilizer.

How to use



- Use 3-5 drops in the bath – to rejuvenate and help reduce inflammation
- Diffuse several drops for an energising and uplifting environment
- Dilute 2-3 drops of Wild Orange essential oil in 5-7 drops of Fractionated Coconut Oil for deep tissue massage – helping aching muscles and joints
- Use topically diluted in lotion or a carrier oil to alleviate aches and pains. Or generally as an indulgent moisturising lotion. doTERRA recipe for Whipped Body Butter <https://www.doterra.com/US/en/blog/diy-whipped-body-butter>
- Add 1-2 drops to tea, water or juice to boost your immune system and eliminate free radicals and reduce inflammation
- Add 1-2 drops to a daily facial cream – to promote skin health and brighten the complexion. Naturally cleansing the skin, clearing dirt and unclogging pores. The vitamin C is also good for fine lines and wrinkles
- Add 2-3 drops to veggie cap and consume to support normal immune function
- Create Furniture Polish by combing olive oil, vinegar and Wild Orange essential oil. The doTERRA instructions are here: <https://www.doterra.com/US/en/blog/diy-furniture-polish>
- Make a surface cleaner for wiping worktops by combing Wild Orange, Lemon and Grapefruit essential oils in a spray bottle with water and white vinegar
- Use endlessly in recipes and baking. Generally, you use essential oils in small amounts in cooking and baking. Try the doTERRA recipe for Blueberry Wild Orange Muffins: <https://www.doterra.com/US/en/blog/recipe-blueberry-wild-orange-muffins>

Blues Booster Diffuser Blend

4 drops Wild Orange
2 drops Cedarwood
2 drops Ylang Ylang

From Essential Oil Supplies 2018 Booklet *Diffuser Blend Recipes: for home, health & family*. For more inspiration visit www.essentialoilsupplies.co.uk

Wild Orange is particularly good at blending with a wide variety of essential oils