

EO of the Month Spring 2013



Neroli

Citrus bigaradia (flowers) – Bitter Orange

NEROLI essential oil is made from the flowers of the Orange tree. If you've ever been in an Orange grove when the flowers are blooming, you will know what this scent is all about. It's often called Orange Blossom. Be sure it is 100% pure essential oil of Orange blossoms with no other additives, fillers or extenders. It is usually steam distilled or solvent distilled.

The aroma of **NEROLI** is intensely floral, sweet, citrusy and exotic. It is the most expensive of all the citrus oils. It is often adulterated, so if the price is cheap, you are not getting 100% pure **NEROLI**. The average cost for a 5ml undiluted bottle is about \$60-\$80. Because it is such a heady scent, you might want to buy it already diluted in a carrier oil for an average cost of \$25 for 10ml.

NEROLI is relaxing, calming and can be used as a sedative. It is often used in treatments for insomnia, depression, chronic anxiety, fear, shock and stress. Make a blend in a quality carrier oil such as Jojoba and add a few drops of Lavender, Bergamot, Orange, Tangerine, Grapefruit, Rose Geranium and Lavender. For insomnia, make a blend of Sandalwood (very expensive), Roman Chamomile (very expensive, Bergamot and Lavender. You can use a 10%-20% dilution of Sandalwood and Roman Chamomile to save on cost.

NEROLI is also good for the sensitive, inflamed or aging skin. It is especially good for rosacea, stretch marks and scars. Make a blend in a 1-oz. bottle of Marula carrier oil and add about 10 drops each of **NEROLI**, German Chamomile, Rosewood and Lavender. After cleansing and toning the skin, press a few drops of the oil mixture into the skin. Use morning and night.

CAUTIONS: If you are **PREGNANT**, consult your physician about **NEROLI** and **ROSE GERANIUM (affects hormones)**. **NEROLI** is non-toxic, non-sensitizing and a non-irritant. Unlike most **CITRUS** oils, **NEROLI** is not **PHOTOTOXIC**. **Because NEROLI can make you very relaxed, use sparingly when you need a clear head. Do not use when operating heavy machinery.**