



Sweet Orange

Citrus sinensis oil

Product Information

Sweet orange essential oil, also known as orange oil or Citrus sinensis oil, is a highly popular and versatile essential oil extracted from the peels of sweet oranges, a type of citrus fruit.

The oil is obtained through a process called cold-pressing, which involves mechanically squeezing the peel to extract the aromatic compounds without using heat. This method preserves the oil's natural fragrance and therapeutic properties.

The essential oil of sweet orange is characterized by its bright, fresh, and sweet citrus aroma, which is uplifting and invigorating to the senses. It is widely used in aromatherapy and the fragrance industry due to its pleasant scent and various beneficial properties.

Research:

Sweet Orange

<https://pubmed.ncbi.nlm.nih.gov/?term=sweet+orange+essential+oil>

Uses and Benefits

1. **Aromatherapy:** Sweet orange oil is commonly used in aromatherapy to promote relaxation, reduce stress, and uplift mood. The citrusy scent can help create a positive and refreshing atmosphere.
2. **Emotional well-being:** The oil is believed to have calming properties, which can help ease anxiety and improve overall emotional balance.
3. **Household cleaner:** Sweet orange essential oil's natural antibacterial and antifungal properties make it a popular ingredient in natural cleaning products. It can be used to clean surfaces and eliminate unpleasant odors.
4. **Skin care:** When properly diluted, sweet orange oil can be used in skincare products due to its skin-cleansing and purifying properties. It may help improve the appearance of dull or oily skin.



Sweet Orange

Citrus sinensis oil

5. Immune support: Some studies suggest that sweet orange essential oil may have immune-boosting properties, supporting the body's natural defense mechanisms.

6. Digestive aid: Sweet orange oil is sometimes used to aid digestion and relieve occasional digestive discomfort.

7. Flavoring: The food and beverage industry utilizes sweet orange essential oil to add a natural orange flavor to various products.

Responsible cautions

- It's essential to note that while sweet orange essential oil has numerous potential benefits, it should be used with caution.
- As with all essential oils, it is highly concentrated and can cause skin irritation if not properly diluted before use.
- It is also recommended to avoid direct sunlight or UV exposure after applying sweet orange oil to the skin, as it may increase photosensitivity.
- Store away from sunlight, at room temperature, with the lid securely tightened.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.