

Orange Essential Oil

Orange Essential Oil, which is often known as Sweet Orange, has a natural ability to enhance immunity and reduce several symptoms of many ailments, including acne, skin problems and stress.

Its cheerful and uplifting scent can be both relaxing and uplifting and has the added benefit of being an immune system booster and more when it's used in aromatherapy.

Orange oil properties

It smells divine of course, and in addition to its fragrant benefits, Orange Oil helps to stimulate the immune system and eliminate airborne bacteria around the home.

It has [natural sedative properties](#), but is often used as an aphrodisiac, and is helpful in restoring libido in both men and women. The scent of Orange Oil is also thought to help boost cognitive function, making it easier to recall memories, which can be a real bonus for people with Alzheimer's disease. Studies have even shown it to potentially be effective on the [symptoms of PTSD](#).

Orange Oil is also known to induce sleep and to improve its quality while assisting the body's detoxification process and balancing hormones. It really is a fantastic, sweet-smelling all-rounder.

What to use Orange essential oil for

To relax, inhale the scent of the oil straight from the bottle or diffuse it in a room. Orange essential oil is suitable for vaporizing in any room, and works well on conditions like anxiety, sadness and anger. Its other home-related benefit is that if the oil is diffused all over the home it can help eliminate cooking smells and pet odors.

Although it's not recommended that Orange oil should be used topically by itself, it can help to maintain the health and appearance of skin. Try adding 1-2 drops of Orange Essential Oil to 1-3 tsp. of a carrier oil for a natural moisturizer.

In an aromatherapy massage, Orange Essential Oil is known to increase blood flow, and relieve menstrual pain and headaches. It's also thought that it can help to relieve aches and pains in bones and joints – used in combination with ginger and accompanied by a massage Sweet Orange Essential Oil was effective in alleviating moderate to severe knee pain among the elderly in [one Hong Kong study](#).

Orange Essential Oil works as a muscle relaxant, which means it helps prevent spasms that lead to convulsions, coughing, diarrhea and more. Combining it with a carrier oil and massaging it into the abdominal area is good for promoting digestion and relieving some digestive complaints.

Safety and precautions

- Ingestion of Orange oil isn't recommended.
- Pregnant and nursing women and those taking prescription drugs should not use Orange Essential Oil without medical advice.
- It's recommended to carry out a skin patch test before using Orange oil topically, even diluted in carrier oil. Once applied topically, sun exposure should be avoided as it can be phototoxic. To prevent photosensitivity, wait 72 hours after topical treatment with Orange oil before spending prolonged periods in sunlight.
- Orange Oil should never be used near eyes, inner nose, ears, or any other particularly sensitive areas.

Did you know?

- In China, oranges are believed to symbolize good fortune
- Oranges are thought to be the 'golden apples' from the story of Hercules and Titan Atlas. Hercules tricked Atlas into holding up the world so that Hercules could take the golden apples – or oranges - that Atlas had picked.