

Mandarin-Red

Emotions	calming, uplifting, balancing
Uses	acne, baby-general soothing, bed wetting , cellulite, child > 2mo, child-sleeplessness/worry, constipation, convalescence , digestive problems, exhaustion, fluid retention, hiccoughs, indigestion/dyspepsia, intestinal problems, insomnia, irritability, liver problems, nervous tension, nervousness, PMS-moodiness, pregnancy, pregnancy-post natal, pregnancy-post natal depression, pregnancy-prenatal, pregnancy-stretch marks, restlessness, scars, skin care, skin-oily, skin-spots, stress (performance)
Properties	antiseptic, antispasmodic, calmative, digestive, diuretic, laxative, sedative, stimulant, stomachic, tonic
Constituents	Limonene, terpinene, pinene, myrcene, others
Scent/Note/Viscosity	intense, sweet, floral fruity; top note; orange; watery viscosity
Best Mixed With	black pepper, chamomile R, cinnamon, clary sage, clove, frankincense, geranium, grapefruit, jasmine, juniper, lemon, orange, palmarosa, patchouli, petitgrain, sandalwood, tangerine, ylang ylang (basil, myrrh, neroli, nutmeg, rose marroc, rose otto)
Warning:	Phototoxic (wait 24 hours before exposure to sun/sunlamp)

DISCLAIMER

This information has been gathered from reliable sources. I make no claim to accuracy. All information contained on this page or within this site is for reference purposes only. It is not intended to substitute for advice given by a physician or other licensed health care professional. It is not recommended that you take essential oils internally unless under the supervision of a Medical Doctor.