

## Tangerine

Emotions	uplifting
Uses	acne, <b>appetite-to increase</b> , baby-general soothing, constipation, depression, digestive problems, fluid retention, hiccoughs, indigestion/dyspepsia, insomnia, <b>muscle-ache, muscle-relaxant, nervous tension, nervousness, PMS-moodiness</b> , pregnancy, pregnancy-prenatal, pregnancy-stretch marks, restlessness, scars, skin-oily, skin-spots, <b>tonic-stomach</b>
Properties	antiseptic, antispasmodic, carminative, digestive, diuretic, <b>laxative</b> , lymphatic sedative, stimulant, <b>stomachic</b> , tonic, <b>tonic-peripheral circulatory system</b>
Constituents	Limonene, myrcene, terpinene, pinene, others
Scent/Note/Viscosity	fresh, sweet; top note; orange; watery viscosity.
Best Mixed With	cinnamon, citrus oils, clove, grapefruit, lemon, orange (nutmeg)
<b>Warning:</b>	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.