



Uses for Wild Orange

Wild Orange is cold pressed from the peel of oranges and has a energising and citrusy aroma. It's scent is sweet and fruity and really uplifting.

Wild Orange Properties - according to me!

- When I'm feeling a bit low I use Wild Orange to lift my mood
- Cleansing - in a natural cleanser
- Can help with sleep if you worry, as it lifts your mood
- Anxiety - whenever I've had a few "moments" - the oil I've gone to is wild orange

My favourite ways to use Wild Orange:

- Pop a couple of drops in the diffuser to fill the room with its uplifting aroma - perfect after school to keep the kids going & in a happy space (fewer arguments!)
- Add a few drops to a water spray bottle for a room air freshener
- To deodorise the car (a few drops on a tissue & lightly placed in the air vents)
- Pop a drop in a large glass of water and sip - really refreshing!
- Rub a drop in my hands then over arms/ clothes for a soft uplifting perfume
- A drop of Wild Orange and a drop of peppermint in to palms (avoid fingers/eyes) then across the back of my neck when I have a headache
- To re-energize me when I'm in a mid-afternoon slump - I pop on my wrists and behind my ears & generally have a good sniff ;-)

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