



**MANDARIN**  
*Citrus reticulata*  
 Children's comforter

**Source:** Italy

**Extraction:** Cold expression of fruit peel.

**Characteristics:** Yellow-orange/brown liquid with a sweet, citrus odour that is characteristic of the ripe fruit.

**Blending Factor:** 4      **Odour Note:** Top

**History:** Native to china and is a minor but important tonic in Chinese medicine. These uses of balancing and strengthening the digestive symptoms followed its exportation to the west.

**Safety Precautions:** Nontoxic, non-irritating and non-sensitising – slightly photosensitising.

**Actions:** Inspiring, encouraging, warming, soothing, uplifting, refreshing

**Therapeutic Actions:** Antispasmodic, carminative, digestive stimulant, cholagogue, mild diuretic, mild laxative, sedative, tonic

**Enhances:** Peacefulness, serenity, motivation, empathy

**Reduces:** Anxiety, insomnia, depression, stress, panic, nervous tension, restlessness, sadness, hyperactivity

**Uses:** Digestive system: Constipation, diarrhea, dyspepsia  
 Nervous system: Insomnia, depression, infant settling

**Methods for use:**  
**Massage**  
 Use up to 25 drops of Mandarin or a blend of complementary oils in 50ml of massage oil base.  
**Aromatic Bath**  
 Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.  
 For extra skin softening effects 25 drops of essential oil or a blend of oils can be mixed into 50ml of base oil. Use 10ml of this oil each bath.  
**Vaporiser**  
 Place 8 to 10 drops of essential oil onto the top of your Tri Nature vaporiser dish.  
 If candle vaporisers are used, the oil should be added to water in the vaporiser pan

**Blends well with:** Citrus oils, neroli, geranium, lavender, chamomile, jasmine, palmarosa, sandalwood, ylang ylang

Let the Sun Shine in (1)		Digestive		Settling Blend	
Mandarin	<b>2</b>	Mandarin	<b>4</b>	Mandarin	<b>2</b>
Frankincense	<b>2</b>	Peppermint	<b>1</b>	Lavender	<b>4</b>
Bergamot	<b>5</b>	Chamomile	<b>1</b>	Sandalwood	<b>3</b>
Chamomile	<b>1</b>	Neroli	<b>3</b>	Marjoram	<b>2</b>
<b>Vaporiser or in 20ml carrier</b>		<b>Carrier oil</b>		<b>In vaporiser</b>	
			<b>20ml</b>		

