



PETITGRAIN

Citrus aurantium

A calming toner

Source: France

Extraction Steam distillation of leaves.

Characteristics: Pale yellow to amber liquid with fresh sweet, floral, odour and slight herbaceous/woody undertones.

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

History: Produced from the leaves of the bitter orange and is native to China. The name petitgrain is derived from the French and means 'little seed', referring to the small unripe fruits from which the oil was originally obtained. Although most oil today comes from Paraguay, the oil from France is recognised as finer because of the care taken not to include any branch material or unripe fruit into the still.

Safety Precautions: Nontoxic, non-irritating and non-sensitising.

Therapeutic Actions: Antispasmodic, deodorant, nervine, nervous system and digestive stimulant, stomachic, tonic

Actions: Calming, refreshing, toning, balancing, rejuvenating, strengthening

Enhances: Alertness, calmness, balance, emotional strength, harmony, inspiration, openness

Reduces: Anger, anxiety, confusion, frustration, hopelessness, insomnia, nervous exhaustion, sadness

Uses:
 Nervous system: Anxiety
 Mental/emotional: Sadness
 Skin: Oily skin, skin tonic

Methods for use: **Massage**
 Use up to 25 drops of petitgrain 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: Bergamot, clary sage, geranium, jasmine, lavender, neroli, palmarosa, rosemary

Don't Sweat the Little Stuff		Let the Sun Shine In (3)		Skin Tonic	
Petitgrain	3	Petitgrain	3	Petitgrain	3
Bergamot	4	Neroli	4	Palmarosa	4
Lavender	4	Orange	3	Mandarin	4
Jasmine	1	Jasmine	1	Neroli	2
Vaporiser or in 20ml carrier		In Vaporiser		Carrier Oil	20ml

