

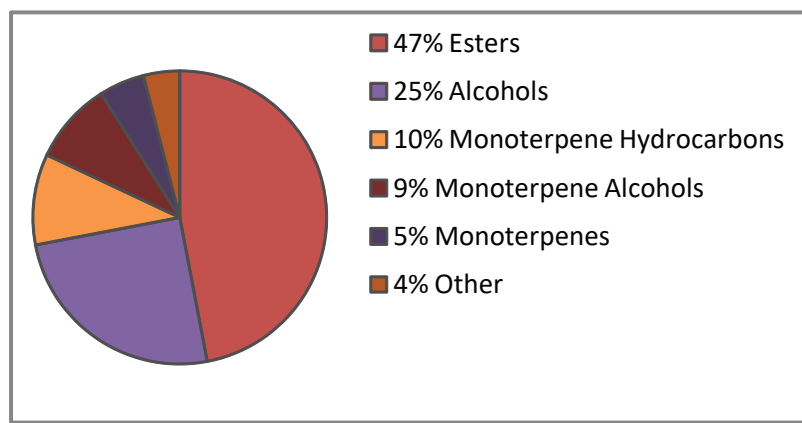
## Petitgrain Bigarade, Organic: Paraguay (*Citrus aurantium*)

Historically the Petitgrain oil has been used in a wide range of health conditions including stomach issues, lymphatic drainage, and pain. This tree produces a wide array of healing properties from the oil. Oil can be obtained from the fruit, flowers, and leaves. The two most popular oils are Petitgrain Bigarade which is steam distilled from leaves and twigs and the much more expensive Neroli which comes from the blossoms. The pressed oil from the fruit of the bitter orange tree should not be confused with the regular Orange tree (*Citrus sinensis*).

**Primary Usages:** Assists with skin issues (acne, oily skin and hair, boils, toning, tissue regeneration), emotional issues (exhaustion, nervousness, negative energy, clear thinking, stress, depression, relaxing, insomnia, mental fatigue, balancing, low self-esteem, trauma, panic, anger, calming), and is considered an immune stimulant (infections, bacteria). General health tonic.

**Secondary Usages:** Assists respiratory issues (asthma, infections), heart complaints (arterial circulation, palpitations, cardiovascular spasms), and aids digestion (pain, gas, parasites).

**Has Been Reported:** Assists muscles and joints (pain, inflammation, spasms), re-establishes nerve equilibrium, stops excessive perspiration, and beneficial to combat venomous bites or stings. Use to assist in overcoming addictions.



**Descriptor:** Regenerative, General Tonic, Alkalizing, Nervine, Antidepressant, Aids Digestion, Decongestant, Anti-Spasmodic, Antiseptic, Immune Stimulant

**Application:** Apply topically on location, diffuse, in a bath, body spray, and add a drop or two to your water as a general tonic and for lymphatic drainage.

Main chemical about 43%  
Linalyl acetate

**Caution:** No special cautions.

**Influences:** Uplifting and assists in letting go of negative energies, pain, panic, and anger. Awakens the mind, body, and spirit to achieve a higher level of consciousness and love of self.

**Medicine Wheel:** A Primary South and Secondary Center.

**Blends Well With:** Bergamot, Cedarwood, Cinnamon, Clary Sage, Clove Bud, Cypress, Eucalyptus citriodora, Frankincense, Geranium, Jasmine, Juniper Berry, Lavender, Lemon, Lime, Mandarin, Marjoram, Orange, Neroli, Nutmeg, Palmarosa, Patchouli, Roman Chamomile, Rose, Rosemary, Rosewood, Sandalwood, Tea Tree, Ylang Ylang

**Recipes:** As a body lotion mix six drops of Petitgrain to three drops each of Roman Chamomile, Bergamot, and one drop of Ylang Ylang Extra in one ounce of carrier oil. Massage on the body. For an uplifting diffusing blend take three drops each of Petitgrain and Mandarin and mix with two drops each of Bergamot, Lime, and Ylang Ylang Extra. For skin care combine six drops of Petitgrain, three drops of Tea Tree, and two drops each of Lavender and Jasmine. Mix with one ounce of carrier oil and apply on location as needed.