

## Mandarin

### *Citrus reticulata* - Rutaceae

A member of the orange family, the mandarin is smaller and more spreading than the orange tree, with smaller fruits, fragrant flowers and glossy leaves

**Place of Origin**                      **Part of plant used**                      outer rind of fruit

Italy, Spain, Middle East,  
Greece, Brazil                      **Method of Extraction**                      expression

**Characteristics**                      **Yield**                      0.5%

Colour: Yellow/Orange                      **BF**                      5-8  
Perfume notes: Top                      **TR**                      D

Aroma

### **Chemical Composition**

		%			%
Monoterpenes	<b>limonene</b>	<b>60-75</b>	Monoterpanol	<b>linalool</b>	<b>trace</b>
	alpha-pinene	1-4			
	sabinene	trace			
	myrcene	1-2			
	<b>gamma-terpinene</b>	<b>19</b>			
Aldehydes	<b>citronellal</b>	<b>trace</b>			
	geranial				

### **Properties:**

**Antispasmodic, antidepressant, antifungal, lymphatic & digestive system tonic, mild diuretic, carminative, gentle tonic**

### **Precautions:**

Non-toxic, non-sensitising, non-irritant

## ***Citrus reticulata* - Rutaceae**

### **Indications**

#### **Circulatory**

#### **Digestive**

Abdominal bloating, nausea, morning sickness, constipation, indigestion, IBS, dyspepsia

#### **Genito-Urinary / Gynaecological**

PMS, mood swings, irritability, used widely in pregnancy

#### **Immune System**

Children like this oil, largely because of it's familiar scent

#### **Musculo-skeletal**

Muscle fatigue, "heaviness", lethargy, obesity, pre and postsports treatments, fluid retention

#### **Nervous**

Depression, stress, tension, mental fatigue, insomnia, restlessness

#### **Respiratory**

Can be vaporized as an airborne antiseptic

#### **Skin**

Acne, congested skin, cellulite, oily skin, lymphatic congestion, oedema, stretch mark prevention.

### **Clinical Research**

None listed

### **Psychological uses**

Mandarin is an effective remedy to dispel melancholy and depression. It is one of the most valuable oils to use throughout pregnancy and post-partum to deal with the emotional ups and downs so apparent during this phase in a woman's life. The familiar scent of mandarin can restore the spirits following a lengthy illness and it has the wonderful ability to evoke youthful memories when used in the care of the elderly and frail.

### **Summary:**

Tonic, uplifting, refreshing, versatile