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**

Italy, Spain, Middle East, Greece, Brazil

**Part of plant used**

outer rind of fruit

**Method of Extraction**

expression

**Characteristics**

**Yield**

0.5%

**Colour:** Yellow/Orange

**BF** 5-8

**Perfume notes:** Top

**TR** D

**Aroma**

**Chemical Composition**

<table>
<thead>
<tr>
<th>Monoterpenes</th>
<th>%</th>
<th>Monoterpanol</th>
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<tbody>
<tr>
<td>limonene</td>
<td>60-75</td>
<td>linalool</td>
<td>trace</td>
</tr>
<tr>
<td>alpha-pinene</td>
<td>1-4</td>
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<tr>
<td>sabinene</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>myrcene</td>
<td>1-2</td>
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<tr>
<td>gamma-terpinene</td>
<td>19</td>
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</tbody>
</table>

**Aldehydes**

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<tbody>
<tr>
<td>citronellal</td>
<td>trace</td>
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<td>geranial</td>
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**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**
- Muscle fatigue, "heaviness", lethargy, obesity, pre and postsports treatments, fluid retention

**Musculo-skeletal**
- Abdominal bloating, nausea, morning sickness, constipation, indigestion, IBS, dyspepsia

**Digestive**
- Abdominal bloating, nausea, morning sickness, constipation, indigestion, IBS, dyspepsia

**Nervous**
- Depression, stress, tension, mental fatigue, insomnia, restlessness

**Genito-Urinary / Gynaecological**
- PMS, mood swings, irritability, used widely in pregnancy

**Respiratory**
- Can be vaporized as an airborne antiseptic

**Immune System**
- Children like this oil, largely because of it's familiar scent

**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