Petitgrain

*Citrus aurantium* var. *amara* fol. - *Rutaceae*

Petitgrain is extracted from the leaves of the bitter orange tree. The small thorn-covered evergreen tree with its fragrant solitary or clustered white blossoms is cultivated around the Mediterranean, China and Haiti. It prefers open fields with loose sandy soil. Neroli oil is produced from the blossoms of the same tree.

### Place of Origin
- Italy, France, Tunisia

### Part of plant used
- leaves & green twigs

### Method of Extraction
- steam distillation

### Characteristics
- **Yield**
  - BF: 4-6
  - TR: D

### Aroma

### Chemical Composition

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<thead>
<tr>
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<th>%</th>
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</thead>
<tbody>
<tr>
<td><strong>Esters</strong></td>
<td></td>
<td><strong>Monoterpanol</strong></td>
<td></td>
</tr>
<tr>
<td>linalyl acetate</td>
<td>52</td>
<td>linalool</td>
<td>25</td>
</tr>
<tr>
<td>geranyl acetate</td>
<td>4</td>
<td>geraniol</td>
<td>2</td>
</tr>
<tr>
<td>neryl acetate</td>
<td>2</td>
<td>nerol</td>
<td>8</td>
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<tr>
<td><strong>Monoterpenes</strong></td>
<td>trace</td>
<td><strong>Beta-pinene</strong></td>
<td>1</td>
</tr>
<tr>
<td>limonene</td>
<td></td>
<td>myrcene</td>
<td>5</td>
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</tbody>
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(Other petitgrain oils are produced from the leaves and twigs of lemon, bergamot, sweet orange, mandarin and tangerine. Petitgrain is sometimes used to adulterate neroli oil)

### Properties:
- Adaptogenic antidepressant, anti-inflammatory, anti-spasmodic, cytophylactic, antifungal, bactericidal, calming, deodorant, nervine, stomachic, tonic

### Precautions:
- Non-toxic, non-irritant, non-sensitising
Citrus aurantium var, amara fol. – Rutaceae

Indications

Circulatory
Palpitations

Musculo-skeletal

Digestive
IBS, "Nervous system tummy", stress related
Digestive system problems

Nervous
anxiety, tension, stress, frustration, irritability,
depression, Nervous system conditions

Genito-Urinary / Gynaecological
Menopausal imbalances, PMS, mood swings

Respiratory

Immune System

Skin
Sensitive skins, irritated conditions, mature
skins, irritated conditions, mature skins, broken
capillaries, fungal skin conditions

Clinical Research

Antifungal activity against a range of fungi has been proven

Psychological uses

The refreshing flowery scent of petitgrain oil is lighter and more neutral than that of neroli, it is
less expensive and shares similar psychotherapeutic Properties. It is invigorating, uplifting and
clarifying and is a heartening remedy for less serious cases of depression and stress-related
anxiety.

Summary

Soothing tonic, adaptogen, versatile oil