

WILD ORANGE

Citrus sinensis 5mL & 15mL

Sweet, fresh, citrus

Aromatic description

PRIMARY BENEFITS

- Wild Orange essential oil's energising and uplifting aroma makes it ideal for diffusion. Use it to promote a sense of joy and positivity into your home, workplace or place of study.
- Sweet and zesty. Wild Orange's distinct flavour can be added to food or water. Make a refreshing and citrusy beverage by adding one or two drops to a glass of water.
- Bright and refreshing. Diffuse Wild Orange essential oil to revitalise and rebalance your environment by eliminating unwanted odours.

PRODUCT DESCRIPTION

Cold pressed from the peel, Wild Orange is one of dōTERRA's top selling essential oils due to its energising scent.

High in monoterpenes, Wild Orange essential oil has a stimulating and uplifting aroma, making it ideal for diffusion. It can be added to food or water for a citrus burst of flavour.

Wild Orange enhances any essential oil diffuser blend with a fresh, sweet, refreshing aroma.

USES

- Add a drop to your water or recipe calling for a citrus flavour.
- Diffuse for an uplifting aroma. Blends well with Cinnamon Bark, Cedarwood, Frankincense, Bergamot and Peppermint essential oils.

- For an energising aroma boost, dispense one to two drops in the diffuser with equal parts Peppermint and Frankincense essential oils.

DIRECTIONS FOR USE

DIFFUSION: Use three to four drops in the diffuser of choice.

FOOD FLAVOUR: Dilute one drop in 120 mL of liquid.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas. Application to skin may increase sensitivity to sunlight.

PLANT PART: Orange rinds (peel)

EXTRACTION METHOD: Cold pressed/expressed

MAIN CHEMICAL COMPONENTS: Limonene



Certified Pure Tested Grade

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dōTERRA[®] aromatouch **TECHNIQUE[®]**

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"I chose to include Wild Orange essential oil as part of the AromaTouch Technique for a couple of reasons. First is the aroma. While I love Lemon and the other citrus oils, Wild Orange has a stronger aroma that really sets it apart. Additionally, Wild Orange is awakening to the senses. It is a perfect oil for re-energizing without interfering with the process of the AromaTouch Technique." - Dr. Hill

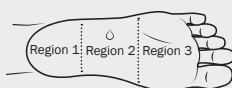
MOVEMENTS

Select the first foot.



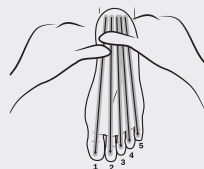
Oil Introduction
(Foot Version)

x3



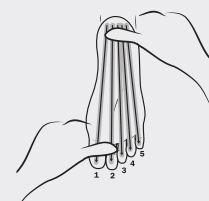
Three-Region Foot
Activation

x1



Five-Zone Foot
Activation

x5



Five-Zone Tissue Pull

x1

Repeat these movements for the other foot.



Oil Introduction

x3



Alternating
Palm Slide

x3



Three Clockwise
Palm Circles

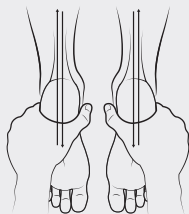
x1



Cranial Sacral Hold

x1

Final Step



Lymphatic Movement
Repeat three times.

x3

This essential oil application technique is intended for personal use (in the home and on family or close friends), not for monetary benefit. Anyone who uses it for monetary benefit or beyond its intended purposes assumes all responsibility for that use and must comply with his or her state laws.



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Discover the power of essential oils
with the AromaTouch Technique
and certification course.

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more information

