

Red Mandarin

Citrus nobilis 5 mL

dōTERRA | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I N

Plant Part: Peel

Extraction Method: Cold pressed

Aromatic Description: Sweet, citrusy, slightly floral

Main Chemical Composition: Limonene

Red Mandarin | *Citrus nobilis* 5 mL

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Primary Benefits

- + Creates an uplifting atmosphere
- + Cleanses and helps promote a healthy-looking skin tone
- + Has a refreshing, citrus flavour

Description

Just one drop of Red Mandarin essential oil opens up a world of possibilities in your everyday routine. With its bright, citrusy taste, Red Mandarin adds a boost of refreshing flavour to your daily water bottle or morning smoothie. Diffusing the sweet, refreshing aroma of Red Mandarin in your home or workplace throughout the day can create an environment that's both bright and energized. Due to its high limonene content, Red Mandarin can also help promote a healthy-looking skin tone when added to your evening skin cleanser.

Uses

- + Add to nightly facial routine to improve the appearance of the skin.
- + Add to the shower for a refreshing, uplifting aroma.
- + Add one drop to 120 mL of water for a fun and flavourful twist.
- + Add one to two drops to your next green or fruit smoothie.
- + Diffuse first thing in the morning for an energizing and uplifting aroma.
- + Add 10 drops to a spray bottle with water for a refreshing room spray.

Directions

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

Internal use: Dilute one drop in 4 fl oz of liquid

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.