

# Tangerine

*Citrus reticulata* 15 mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T I N

**Plant Part:** Peel/Rind

**Extraction Method:** Cold pressed

**Aromatic Description:** Tangy, sweet, fresh

**Main Chemical Components:** Limonene

## PRIMARY BENEFITS

- Cleansing and purifying
- Aroma uplifts mood

## PRODUCT DESCRIPTION

Tangerine has a long history of use in Chinese culture and herbal health practices. Tangerine has a sweet, tangy aroma, similar to other citrus oils, that is uplifting.

Tangerine is known for its cleansing properties. Tangerine essential oil can be used to help soothe anxious feelings. A popular and flavorful addition to desserts and drinks—from water to fruit smoothies—Tangerine can be used in any recipe calling for citrus fruits.

## USES

- Add 2–3 drops as a flavoring in cake and cookie recipes.
- Add 1–2 drops in water, smoothies, teas, or lemonade for flavoring.
- To energize and uplift mood, place 1–2 drops in the palm of your hand, rub together, and cup over the nose and mouth for 30 seconds or diffuse throughout the room.
- Apply to flex points or abdomen to promote feelings of happiness. Dilute with a carrier oil to minimize sensitivity if needed.

## DIRECTIONS FOR USE

**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.

See additional precautions below.

## 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 or UV rays for up to 12 hours after applying product.

