

Petitgrain

Citrus aurantium 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **A** **T** **S**

Plant Part: Leaf, twig

Extraction Method: Steam distillation

Aromatic Description: Fresh, floral, slightly herbaceous

Main Chemical Components: Linalyl acetate, linalool, alpha-terpineol

PRIMARY BENEFITS

- Delivers calming and relaxing benefits to ease feelings of tension and stress
- May support healthy immune function
- May help promote a restful sleep

PRODUCT DESCRIPTION

Petitgrain essential oil is derived from the bitter orange tree, which has a long history of use in traditional health practices. Emerging scientific evidence provides support for these traditional and other uses. There are three essential oils derived from the bitter orange tree. Petitgrain is distilled from the leaves and twigs of the tree, Neroli essential oil is distilled from the blossoms, and Bitter Orange oil is produced by cold pressing the rinds of the fruits. Petitgrain is widely used in the perfume industry, giving body sprays, fragrances, lotions, and colognes a fresh, herbaceous note that is popular among both women and men. By sourcing Petitgrain from Paraguay through our Co-Impact Sourcing® initiative, dōTERRA is able to support needed rural community development projects and provide diversified income for small-scale farmers. This approach provides an economically viable alternative to clear-cutting land, dramatically helping to protect the remaining patches of the Atlantic Rainforest in eastern Paraguay.

USES

- Diffuse for a calming and relaxing aroma. Blends well with other citrus oils, Cassia, Cinnamon, Eucalyptus, Geranium, and Lemongrass.
- Before going to bed, add a few drops of Petitgrain along with Lavender or Bergamot to pillows and bedding for an incredibly restful nights sleep.
- For a relaxing foot massage, combine a few drops with dōTERRA Fractionated Coconut Oil and rub on the bottom of your feet.
- Add a few drops to Fractionated Coconut Oil and apply to help reduce the appearance of skin imperfections.

DIRECTIONS FOR USE

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

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.

