

Tangerine

Citrus reticulata 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Oil Attribute Panel: **A** **T** **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's aroma can be used to help soothe anxious feelings and manage stress.

USES

- 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 for an uplifting aroma. Dilute with a carrier oil to minimize sensitivity if needed.

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. Avoid sunlight or UV rays for at least 12 hours after applying product.

