

# Tangerine

*Citrus reticulata* 5mL & 15mL

dōTERRA®

PRODUCT INFORMATION PAGE



## Application:



**Plant Part:** Peel/Rind

**Extraction Method:** Cold compression

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

**Main Chemical Components:** Limonene

## PRIMARY BENEFITS

- Soothing and relaxing aroma
- Contains powerful antioxidants
- Cleansing and purifying
- Supports a healthy immune system

## PRODUCT DESCRIPTION

Tangerine has a long history of use in Chinese culture and herbal health practices. The essential oil provides important antioxidants, including the powerful antioxidant limonene. Tangerine has a sweet, tangy aroma, similar to other citrus oils, that is uplifting. Tangerine is known for its cleansing properties, and for supporting a healthy immune system. Tangerine essential oil 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 to promote feelings of happiness. Dilute with Fractionated Coconut Oil to minimize sensitivity if needed.
- Adding a few drops of Tangerine to your homemade all-purpose spray will leave countertops and surfaces in the home fresh and clean.

## DIRECTIONS FOR USE

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

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut 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.

