

# Tangerine Essential Oil

## Botanical Name

Citrus reticulata

## Strength of Initial Aroma

Medium

## Aromatic Description

Fresh sweet citrusy

## Blends Well With

Spicy, mint, herbaceous, evergreen, woody, and other citrus oils

## Tangerine Essential Oil Uses

- Stress-induced Insomnia
- Nervous Exhaustion
- Mild Muscular Spasm
- Cellulite
- Digestive Problems
- Detoxification
- Flatulence
- Constipation
- Bodily Congestion

Kid friendly

- Fatigue
- Irritability
- Sadness
- Overly Anxious

Source: [www.aromaweb.com](http://www.aromaweb.com) Tangerine EO Monograph

### Tangerine Essential Oil Safety Information

*Robert Tisserand and Rodney Young recommend careful storage and avoiding use of oxidized Tangerine Oil to prevent skin sensitization. Tisserand and Young confirm that Tangerine Oil is not phototoxic. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 87,343.]*

As cited per [www.aromaweb.com](http://www.aromaweb.com) Tangerine EO Monograph

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.