

# Sweet Orange Essential Oil

## Botanical Name

Citrus sinensis

## Aromatic Description

Sweet fresh fruity aroma

## Blends Well With

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

## Sweet Orange Essential Oil Uses

- Boosts mental clarity and encourages a positive outlook
- Boosts immunity
- Colds
- Constipation
- Dull Skin
- Flatulence
- Fatigue
- Flu
- Gums
- Mouth
- Slow Digestion

Kid friendly

- Stress/Tension

Source: [www.aromaweb.com](http://www.aromaweb.com) Sweet Orange EO  
Monograph, [www.healthline.com](http://www.healthline.com)

## Sweet Orange Essential Oil Safety Information

*Tisserand and Young do not indicate any special precautions when using Sweet Orange Essential Oil. However, they precaution to avoid use of the oil if it has oxidized. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 372.]*

*Conflicting reports abound whether Sweet Orange Essential Oil is phototoxic. However, essential oil safety experts Robert Tisserand and Rodney Young do not indicate that it's phototoxic. Do pay close attention to the type of orange oil you are using as Bitter Orange Essential Oil is phototoxic.*

*Per healthline.com this oil may cause sensitivity to sunlight, use caution and stop use immediately if photosensitivity develops and do not use on children under 3 months of age.*

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

Other sources: [www.healthline.com](http://www.healthline.com)

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.

kid friendly