

# Mandarin, green

## General Properties

- antiseptic
- antispasmodic
- calming
- digestive stimulant
- sedative
- uplifting

## Description

Mandarin green essential oil is produced when the unripened fruit of the mandarin tree is expressed to produce a green oil. It is mainly produced in Italy, Brazil, Spain and China. Some of its main constituents are limonene, geraniol and citral.

Mandarin green is similar to Red Mandarin, however, this is gentler, and as such is wonderful for children. It is a safer citrus oil for children, pregnant women and the elderly. One of its major applications is for treating digestive problems (mild antispasmodic, digestive stimulant). It has a tonic and stimulating effect on the stomach and liver, and it calms the intestines. This makes it wonderful for using on children when they get upset tummies or trapped gas. To utilize mandarin for this purpose the oil would be blended into a massage oil (2% dilution for children) and then massaged onto the tummy in a clockwise direction. It is great to use in an anti-stretch mark massage oil (daily) from the moment you find out you are expecting! It may also help with water retention and as a lymph stimulant. On an emotional level, this oil may be helpful when faced with emotional shock or grief. Mandarin green is uplifting and refreshing and may help to calm nervous energy.

This oil blends well with Basil, Bergamot, Chamomile, Clary sage, Geranium, Grapefruit, Lavender, Neroli, Orange and Rose.

## Specific Cautions

Mildly phototoxic, do not apply right before heading out into the sun.