

# Benefits of Orange Essential Oil

Benefits of orange essential oil include calming emotions, lowering blood pressure, uplifting your mood, boosting your immune system, as well as acting against cancer, repelling insects, and improving your libido. It has anti-fungal, antibacterial, anti-inflammatory properties that help fight germs and reduce painful swelling.

Orange essential oil has been used for thousands of years. People in China, India, the Mediterranean and the Middle East have used it to fight coughs and colds and for religious purification ceremonies. It is well known for improving digestion and helping to heal skin problems.

Orange essential oil comes from the *Citrus sinensis* plant which includes sweet and navel oranges. The rind or peel of the orange is the primary source of this essential oil. You must harvest the oranges and remove the peel at just the right level of ripeness to produce the best oil.

An article ([Ionic liquids and fragrances – direct isolation of orange essential oil](#)) in the journal *Green Chemistry* examined the phytochemical compounds in orange essential oil.

While there are over 200 phytochemicals in orange essential oil, only a very few are present in any significant quantity. The authors found the following range of major components from their samples:

- [Limonene](#) 98.08 – 98.78%
- Myrcene 0.95 – 1.30%
- $\alpha$ -Pinene 0.12 – 0.68%
- $\beta$ -Pinene 0.13 – 0.49%
- Linalol 0.11 – 0.26%
- Octanal 0.06 – 0.222%

It's clear that the most prominent compound in orange essential oil is limonene. It is primarily responsible for most of orange essential oil's properties.

## **Cautions**

Orange essential oil may be photo-toxic for some people. You should avoid direct sunlight after a topical application. Also, do not take orange essential oil internally.

## **Benefits of Orange Essential Oil**

Watch this video for more information about the medicinal benefits of orange essential oil.

Orange essential-oil is extracted from the fruit peels of sweet orange that goes by the name *Citrus sinensis*.

In the case of orange-oil, limonene, D-limonene in particular, forms the major bulk of the oil. This monoterpene compound with proven antitumor function is responsible for most of the beneficial properties of orange essential oil.

Sweet orange oil is widely used in aromatherapy and herbal medicine for the following Reasons.

## **Benefits of Orange Essential Oil as an Antidepressant**

The very action of peeling an orange is so uplifting, thanks to the release of the orange-oil in the peel. Not surprisingly, the essential-oil of orange is often used in aromatherapy to bring one out of a depressed or pensive mood.

A mere whiff of the oil can make you feel alert and relaxed at the same time. It induces a sense of happiness and well-being. Along with the reduction in cortisol secretion and lifting of mental anxiety, physical changes such as lowering of pulse rate are observed.

## **Benefits of Orange Essential Oil as an Anti-inflammatory**

Inflammation is part of body's healing mechanism, but uncontrolled and chronic inflammation has many negative effects, apart from causing swelling and pain.

Orange oil can regulate the inflammatory response of the body to allergens, injuries, infections and other irritants. You can observe perceptible changes such as reduction in redness and swelling at the site of injury. In case of respiratory allergens, the anti-inflammatory action can help relieve a runny nose and cough.

## **Medicinal Benefits of Orange Essential Oil as a Diuretic**

Orange has a mild diuretic action that results in increased production of urine. This facilitates the removal of undesirable substances from the body, including toxic substances, excess salts, and by-products of protein digestion such as uric-acid.

By removing excess fluids from the body, diuretics like orange oil reduce edema caused by water retention in tissues. It also reduces blood pressure and excessive load on the heart.

## **Medicinal Benefits of Orange Essential Oil to Relieve Fatigue**

Orange essential oil can help relieve physical and mental fatigue. Mix it with the essential oil of lavender to enhance the effect.

Mix 5-drops each of sweet orange oil and lavender oil and use the mixture in a diffuser. Apply a drop of the mixture to your pulse points for faster absorption into the body.

Adding essential oils to your bath would give you maximum benefits, but it should be avoided for the reason mentioned

above.

## **Benefits of Orange Essential Oil to Control Acne**

Orange oil has a drying and grease-cutting effect on the skin that can help reduce acne in people with oily skin. Add 2-3 drops of orange oil to a cup of water and wash the face with it before going to bed.

Orange oil acts as a deep cleanser when used with a light carrier oil like olive-oil or sweet almond-oil. Mix 3-4 drops of orange oil to a tablespoon of carrier oil and apply on the face with a cotton ball. Allow to remain for 5-minutes and wipe off. This is an excellent way to remove makeup in the evening.

For a spot treatment for acne, dip a cotton swab in sweet orange-oil and touch the acne. The antiseptic effect of orange oil helps reduce bacteria that worsen acne.

Defusing orange essential oil in a diffuser is the best way to receive the above mentioned benefits however you can also apply it directly on to skin, such as neck area, as and when you need it.

See more videos on the Natural solution channel.

Image Sources/credit

[www.wikihow.com](http://www.wikihow.com)

[canstockphoto.com](http://canstockphoto.com)

[www.pixabay.com](http://www.pixabay.com)

[Pinterest.com](http://Pinterest.com)