

MANDARIN

Citrus reticulata - Organic

Aromatic molecules :Limonene, α -terpinene

Distilled organ :zest

This little tree persistent and shiny leaves has white fragrant flowers and orange coloured fruit. Native to China, the mandarin was named after the Chinese mandarins to whom it was traditionally offered as a present. The relaxing and soothing effect and the much appreciated fragrance of the mandarin essence make it one of the most suited anti-stress aromas.

Traditionally known for its properties

digestive tonic: carminative, soft laxative • moderates the central nervous system : relaxing, sedative, light hypnotic • soothing of the sympathetic nervous system.

Professional advice

- Internal : 2 drops of essence, 3 times a day, in some honey, olive oil or on a lump of sugar cane, under the tongue.
- external : 2 drops of essence + 2 drops of hazelnut VO rubbed on the inner side of the wrists or solar plexus.
- some mandarin essence in an aroma diffuser in a children's bedroom for 15 minutes will facilitate their falling asleep.

++++ Highly recommended - (!) Use with caution

Oral use	Use on skin	Air diffusion	Inhalation Aerosol
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Useful information

not recommended in the first 3 months of pregnancy, risk of photosensitivity. Do not apply before sun exposure, ski irritation (dermocaustique if used pure)

Traditional indications

- dyspnoea++
- extrasystoles, palpitations, hypertension +++
- dyspepsia, aerophagia, constipation +++
- insomnia, severe anxiety, stress, agitation +++++
- obesity, cellulite ++

Special precautions

- keep out of reach of young children
- does not replace a balanced diet and a healthy lifestyle
- do not exceed the recommended dose
- unless medical or pharmaceutical advice, not to use during the pregnancy and breast feeding and in the child of less than 3 years
- keep out of heat and light

PRANARŌM 
aromatherapy

Aromatherapy and information about it should never be used to replace a doctor's visit.

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