

ESSENTIAL ESSENCE NEWS



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FORMULATION OF THE MONTH

Carpet Deodoriser

In a clean, dry glass jar add approx. 250g of bicarbonate of soda. Next add the following ingredients:

- 10 drops of clove oil
- 20 drops of lavender oil
- 20 drops of orange oil

Place a lid on the jar. Seal and shake to mix all of the ingredients together.

Leave to infuse for 24 hours. When ready to use take the lid off the jar.

Carefully punch several holes in the lid using a nail or something similar then put it back on the jar. Sprinkle the powder onto the carpet. Leave for an hour then vacuum the room.

A simpler way to ensure a pleasant aroma during vacuuming is to place 3 or 4 drops of sweet orange oil to a cotton ball. Suck the ball up with the vacuum. The aroma will continue to spread as you vacuum the rest of the house.

WHICH ORANGE?

The orange tree yields several different types of aromatherapy oils. Each one has subtle differences in its scent. It's up to you to experiment to determine which one you prefer to use.

Petitgrain is an essential oil that is extracted from the leaves and green twigs of the bitter orange tree (*Citrus aurantium ssp. amara*) via steam distillation. Its fragrance is lighter and more refreshing than Neroli.

Bitter Orange is mainly cold pressed from the fruit rind of the citrus species *Citrus × aurantium*. Bitter Orange essential oil has a zesty, refreshing, sharp, citrus aroma that is a cross between and Sweet Orange and Grapefruit.

Neroli is an essential oil produced from the blossom petals of the bitter orange tree (*Citrus aurantium subsp. amara* or *Bigaradia*), extracted by steam distillation. Its scent is sweet, honeyed and somewhat metallic with green and spicy facets.

Orange blossom is also extracted from the same blossom as Neroli and both extracts are extensively used in perfumery. Orange blossom can be described as smelling sweeter, warmer and more floral than neroli. Orange blossom is extracted via a process of enfleurage.

Sweet Orange is mainly cold pressed from the rind of the fruit of the citrus species *Citrus × sinensis* in the family Rutaceae. It has a citrusy, sweet aroma, reminiscent of orange peels, but more concentrated.

BENEFITS OF ORANGE ESSENTIAL OIL

Organic Facts



- Provides relief from inflammation
- Boosts immunity
- Disinfects the wounds
- Alleviates anxiety, anger & depression
- Relaxes muscular & nervous spasms
- Helps in removal of excess gas & toxins
- Cures acne & dermatitis
- Increased libido

Caution: Excess consumption causes nausea, vomiting & loss of appetite

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