



Mandarin Essential Oil

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Mandarin Essential Oil

Mandarin essential oil has a fresh citrus scent. It can give the digestive system a boost, relieves tension and stress, uplifts mood and relieves feelings of sadness.

About Mandarin

Mandarin is a wonderfully uplifting oil that can relieve stress, tension and feelings of depression added to that it can boost the digestive system, reduce water retention and increase circulation.

Mandarin is a gentle oil that is particularly beneficial for the elderly and people who feel frail or are recovering from illness.

It's also effective for improving the appearance of scars and stretch marks and for helping to prevent stretch marks from forming.



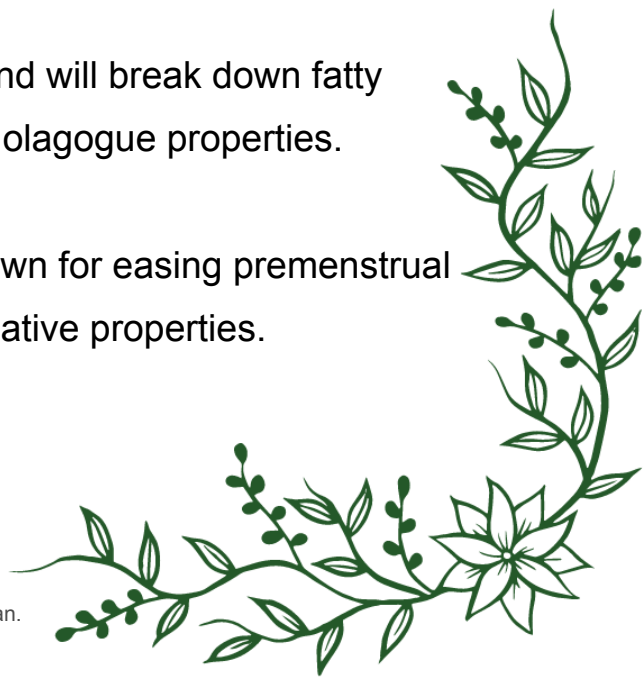
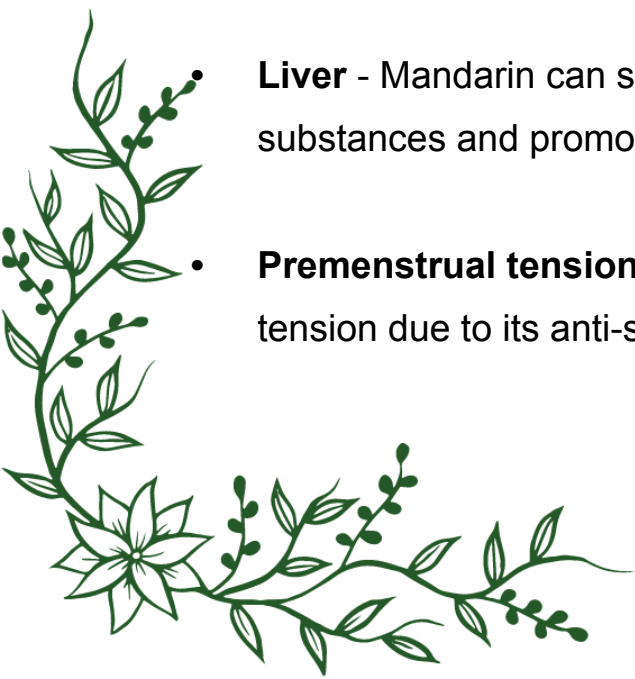
Healing Properties Of Mandarin Essential Oil

Mandarin essential oil has the following healing properties:

Properties

Cholagogue, Anti-spasmodic, Diaphoretic, Detoxification, Diuretic, Cytophylactic, Emollient, Sedative and Tonic properties.

- **Digestive system** – Mandarin can boost digestion due to its cholagogue properties , its anti-spasmodic properties help to relieve wind and hiccups.
- **Water retention and circulation** – Mandarin can be used to relieve water retention and improve circulation.
- **Stretch marks and scars** – Mandarin can be used to prevent stretch marks and improve the appearance of existing stretch marks, scars and burns due to its cytophylactic and emollient properties.
- **Stress and depression** – Mandarin can help to relieve stress and tension, it's an uplifting oil that can refresh the mind and relieve symptoms of depression thanks to its sedative and tonic properties.
- **Liver** - Mandarin can stimulate the liver and will break down fatty substances and promote bile due to its cholagogue properties.
- **Premenstrual tension** – Mandarin is known for easing premenstrual tension due to its anti-spasmodic and sedative properties.



Ways to use Mandarin Essential Oil

Diffuse

- Mandarin essential oil can be used in diffusers or oil burners. Using Mandarin essential oil in this way is particularly beneficial in relieving feelings of depression, stress and tension. It's an uplifting oil that has a fresh citrus scent perfect for creating an uplifting atmosphere.

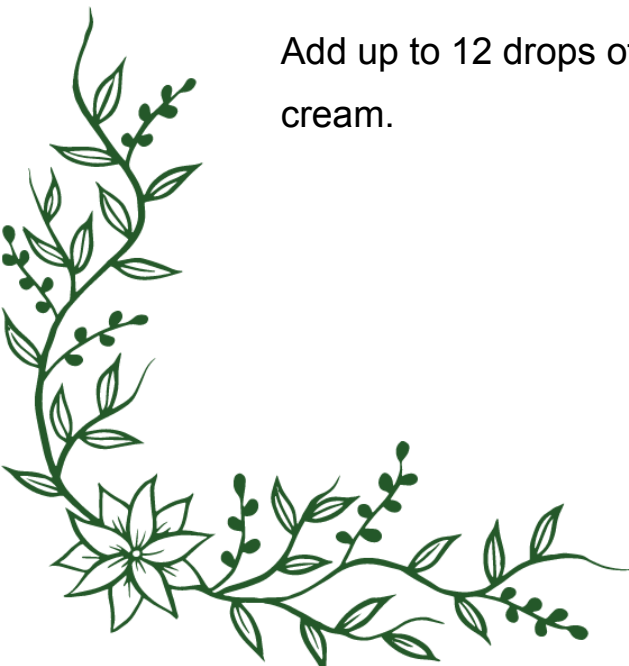
Diffuse 1 - 3 drops of Mandarin essential oil in an oil burner or diffuser

Note: this may be too strong for children, it is advisable not to have the diffuser in the room they sleep in.

Cream

- Adding a few drops of Mandarin to a base cream can create a fresh smelling stretch mark prevention cream which can be used to prevent stretch marks and reduce the appearance of existing stretch marks, scars and burns. It can also help increase circulation and reduce fluid retention.

Add up to 12 drops of Mandarin essential oil to 30 ml of base cream.



Bath

- Mandarin essential oil can be added to a warm bath to relieve menstrual pains and digestive issues , it can increase circulation to the skin and help prevent stretch marks and improve the appearance of existing scars and stretch marks. As the oils disperse into the air it can relieve stress and tension in both the body and mind and relieve feelings of depression

Add 1 - 3 drops of Mandarin essential oil to a warm bath.

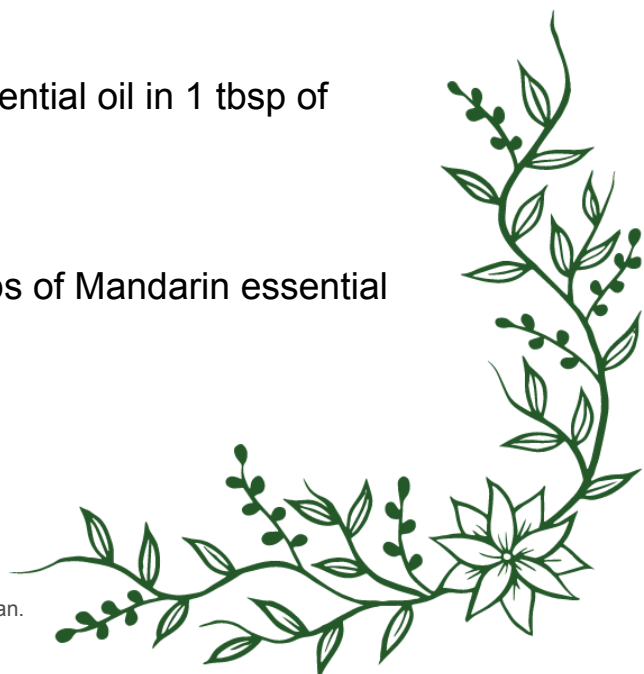
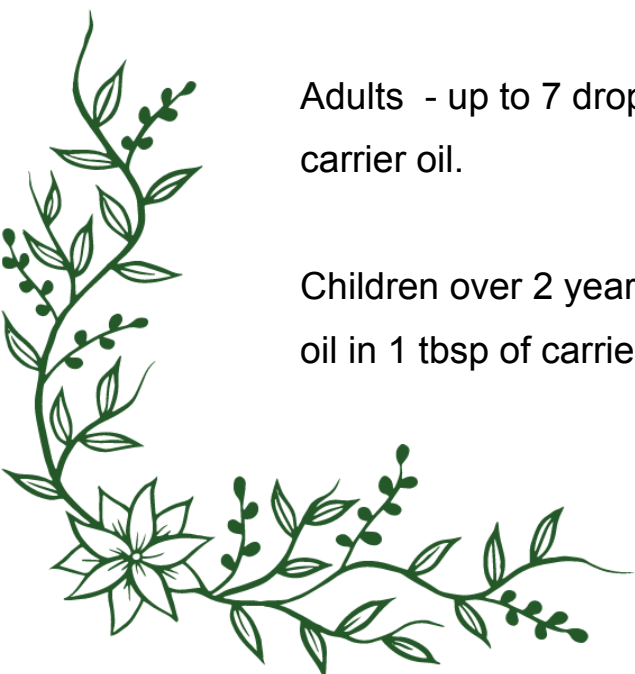
Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.

Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles. Mandarin is a great oil to use in massage to boost circulation to the skin and also help prevent stretch marks and improve the appearance of existing scars and stretch marks. The aroma of the oil can relieve stress and tension in both the body and mind and relieve feelings of depression.

Adults - up to 7 drops of Mandarin essential oil in 1 tbsp of carrier oil.

Children over 2 years old - up to 3 drops of Mandarin essential oil in 1 tbsp of carrier oil.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Mandarin goes particularly well with oils such as:

- Bergamot
- Cinnamon
- Clary sage
- Clove bud
- Frankincense
- Lavender
- Nutmeg
- Neroli



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

As with all citrus oils you should avoid exposure to the sun or using a sunbed for about 12 hours after using Mandarin as it can cause skin pigmentation problems.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Mandarin is one such oil.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

www.reformedbohemian.com

email: hello@reformedbohemian.com

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