



Mandarin, Red

(*Citrus reticulata*)
Stock #3897-4 (5 ml.)

Mandarin oil has a delicately sweet citrus aroma that is relaxing, uplifting and cheerful. Mandarin effectively lifts the mood to help relieve depression and melancholia (a mental disorder characterized by depression, apathy and withdrawal).¹⁻⁴

Mandarin oil also acts as a calming, soothing relaxant to promote restful sleep, ease nervous tension, and alleviate insomnia and other stress-related disorders. Mandarin may even help lower high blood pressure. Mandarin's sedative properties are due largely to the presence of a substance called anthranilic acid. Mandarin's sweet fragrance and gentle, soothing effects make the oil an ideal choice for use with children suffering from anxiety, nervousness and stress, or anger and irritability. In fact, mandarin is often used to help calm down overexcited or tearful children, since it has the ability to calm the emotions while lifting the spirits—apply topically with a slow rhythmic touch to calm a hyperactive child. Mandarin has also been shown to help reduce a mother's stress during childbirth.¹⁻⁶

In addition, mandarin oil exhibits antispasmodic (muscle-relaxing) activity, which is helpful for relieving hiccups (or hiccoughs), belching and heart palpitations associated with gas pressure or thoracic and stomach spasms. Methyl anthranilate is the substance found in mandarin oil that is responsible for this effect. As an antispasmodic, mandarin is ideally suited when introducing asthma patients to aromatherapy, especially those having asthma denoted as "nervous and allergic"—gentle massage or inhalation using a diffuser is recommended.¹⁻⁶

Furthermore, mandarin oil is said to have carminative (settles the stomach and relieves flatulence), digestive (aids the digestion of food), diuretic (promotes urination), and laxative (encourages bowel movements) properties, and thus, has been used to aid digestive and liver problems in the elderly, as well as relieve constipation, cramps, fluid retention, morning sickness, bouts of nausea, and stomach upsets.^{1,2,4}

Applied topically, mandarin oil may help prevent stretch marks, especially those resulting from pregnancy.^{1,4}

Mandarin oil is generally considered to be non-irritant and non-sensitizing. However, it may cause an allergic reaction in those with a sensitivity to citrus fruits. Mandarin oil is mildly to moderately photosensitizing; therefore, topical application prior to exposure to natural or simulated sunlight (i.e. tanning beds) should be avoided. Like other citrus essential oils, mandarin has a short shelf-life and is best used within 6 months of purchase.^{1,3,4}

References:

¹Wildwood, C. *The Encyclopedia of Aromatherapy*. Rochester, VT: Healing Arts Press, 1996.

²Damian, P. & Damian, K. *Aromatherapy: Scent and Psyche*. Rochester, VT: Healing Arts Press, 1995.

³Schnaubelt PhD, K. *Advanced Aromatherapy*. Rochester, VT: Healing Arts Press, 1995.

⁴Selby, A. *Aromatherapy*. NY, NY: Macmillan, 1996.

⁵Schiller, C. & Schiller, D. *Aromatherapy Oils: A Complete Guide*. NY, NY: Sterling Publishing, 1996.

⁶Buckle RGN, J. *Clinical Aromatherapy in Nursing*. San Diego, CA: Singular Publishing Group, 1997.