



## Neroli

(*Citrus aurantium*)

Stock #3891-2 (2 ml.)

Neroli essential oil is named after a princess from Nerola, Italy, who wore the oil as a perfume. Neroli oil, which is extracted from the flowers (blossoms) of the orange tree, has a fresh, delicate, sweet-floral aroma that is subtle, not overpowering. Neroli is among the most expensive essential oils in the world, since it takes approximately a ton of orange blossoms to produce one quart of neroli oil.<sup>1-5</sup>

Neroli oil's fragrance is both uplifting and calming. While one individual may respond to the stimulating or enlivening aspect of the aroma, another may experience a more relaxing, sedative effect, depending on the state of the individual. Neroli uplifting, antidepressant qualities have long been used to treat depression and melancholia (a mental disorder marked by depression, apathy and withdrawal); while neroli's calming, sedative effects make it valuable for relieving anxiety and nervous tension and promoting restful sleep. Hence, neroli oil is recommended for a variety of psychological problems, especially those of emotional origin,

including extreme anxiety, depression, feelings of desperation, emotional shock or trauma, fear and distress, hypersensitivity, hysteria, insomnia, nervous tension, nervousness, stage fright and pre-performance "jitters," PMS, stress-related disorders, and even the inability to confront emotional fears. Neroli sweet scent is also particularly helpful for relaxing hyperactive children.<sup>2-10</sup>

A study conducted in 1992 found that neroli oil's sedative effects were observed during the first 30 minutes of exposure to the aroma. Researchers also discovered the presence of phenylethyl acetate, a substance that demonstrates sedative properties, which is found only in neroli oil.<sup>7</sup>

Neroli oil is also regarded as a general heart tonic, due to its gentle calming effect on the heart and ability to improve poor circulation. In addition, neroli oil exhibits hypotensive (lowers blood pressure) and antispasmodic (relaxes muscle spasms) properties, which help restore natural heart rhythm and improve palpitations, tachycardia (rapid heartbeat) and other heart contractions or spasms. Plus, given its impressive sedative effects, neroli may be helpful for relieving false angina (severe, constricting chest pain associated with anxiety) and reducing post-pump depression (PPD)—a condition affecting 30-40% of cardiectomy (open-heart surgery) patients, characterized by hyperventilation, tachycardia, auditory hallucinations, disorientation and paranoid delusion. For example, a controlled, randomized study published in the *International Journal of Aromatherapy* found that 100% of patients receiving a foot massage with neroli oil following open-heart surgery exhibited a slowing of their breathing rate and felt that their anxiety decreased more than those who received a foot massage without neroli oil.<sup>3-7,10</sup>

In addition, neroli oil is used as a soothing digestive and intestinal aid. Neroli oil provides a carminative action (ability to settle the digestive system), which, combined with its ability to calm a nervous stomach and relax intestinal cramps and spasms, makes it useful for relieving colic, diarrhea, nervous dyspepsia (indigestion), and flatulence (gas).<sup>2-4,6</sup>

Aromatherapists often use neroli oil as part of their skin care programs. Neroli oil's antiseptic and cell-rejuvenating properties make it beneficial for all skin types, especially sensitive, inflamed or dry skin. Neroli is used for a variety of skin problems, including aging skin, scars, spider veins, stretch marks and wrinkles. Since neroli oil helps tone the complexion, it is commonly used as a facial toner, especially for mature skin.<sup>2-6</sup>

Furthermore, neroli has long been esteemed as a very feminine oil. In fact, it is renowned as a mild hypnotic aphrodisiac that helps relieve first-encounter apprehensions, or "wedding night jitters." This is why the orange blossom was considered the traditional flower of bridal bouquets for generations. Neroli oil may likewise help improve sexual problems related to menopause such as low libido (sex drive).<sup>2-6</sup>

Neroli oil's unique properties add much to a relaxing bath. However, massage, inhalation, or even a drop of oil on the temples or wrists, are additional methods by which neroli's psychophysiological benefits can be obtained. Fortunately, neroli oil is noteworthy for its safety in all applications—it is non-irritant, non-phototoxic (rendering the skin susceptible to damage by light), non-sensitizing and non-toxic.<sup>3,4,8,10</sup>

### References:

<sup>1</sup>"The Nose Knows: Aromatherapy For Romance." *Delicious-Online*; February, 2002.

<sup>2</sup>Wildwood, C. *The Encyclopedia of Aromatherapy*. Rochester, VT: Healing Arts Press, 1996.

<sup>3</sup>Damian, P. & Damian, K. *Aromatherapy: Scent and Psyche*. Rochester, VT: Healing Arts Press, 1995.

<sup>4</sup>Lawless, J. *The Encyclopaedia of Essential Oils*. Rockport, MA: Element Books, 1992.

<sup>5</sup>Selby, A. *Aromatherapy*. NY, NY: Macmillan, 1996.

<sup>6</sup>McIntyre, A. *Flower Power*. NY, N: Henry Holt and Company, 1996.

<sup>7</sup>Buckle RGN, J. *Clinical Aromatherapy in Nursing*. San Diego, CA: Singular Publishing Group, 1997.

<sup>8</sup>Schnaubelt PhD, K. *Advanced Aromatherapy*. Rochester, VT: Healing Arts Press, 1995.

<sup>9</sup>Schiller, C. & Schiller, D. *Aromatherapy Oils: A Complete Guide*. NY, NY: Sterling Publishing, 1996.

<sup>10</sup>Chevallier, A. *The Encyclopedia of Medicinal Plants*. NY, NY: Dorling Kindersley, 1996.