



Petitgrain Essential Oil

by
The Reformed Bohemian



Table of Contents

1. About Petitgrain Essential Oil	3
2. Healing properties	4
3. Ways to use	6
4. Blends	8
5. Side effects	9
6.. About the Reformed Bohemian	10

Find out more at www.reformedbohemian.com



Petitgrain Essential Oil

Petitgrain has a fresh woody floral scent with undertones of orange. Its uplifting, mood boosting and can help clear and tone the skin.

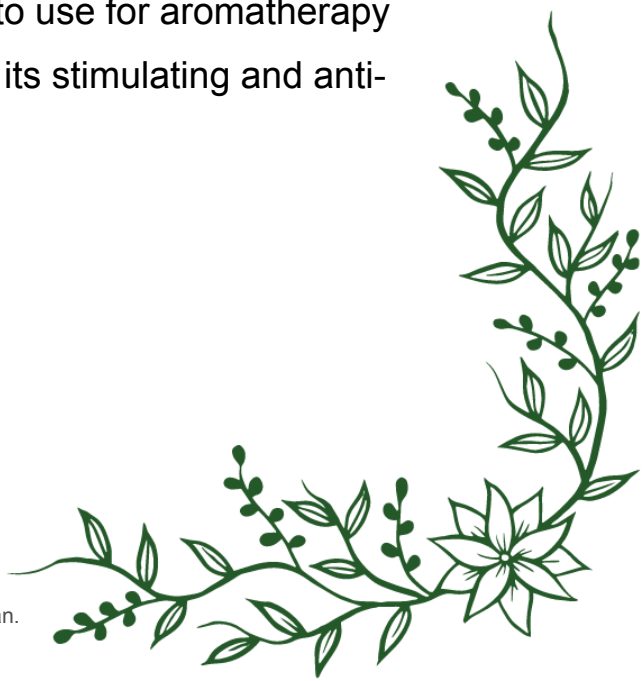
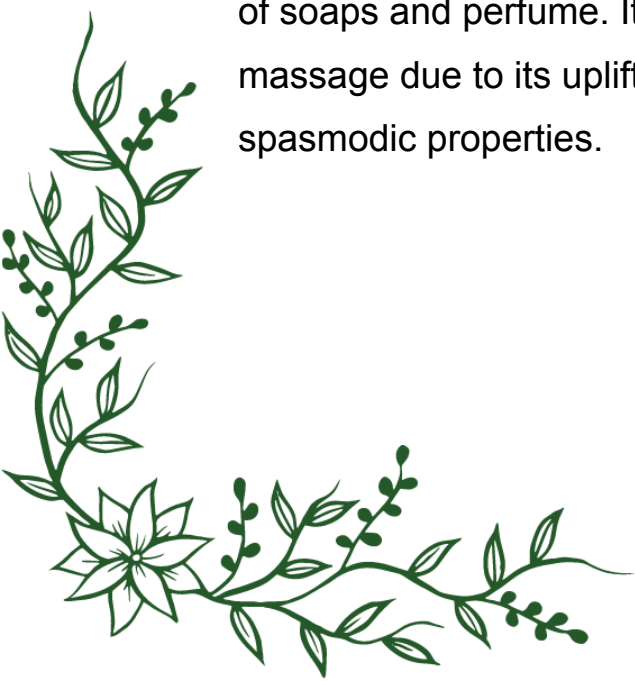
About Petitgrain

Petitgrain has a lovely light woody, floral scent with the uplifting undertones of orange. This is a simple but very effective essential oil which comes from the leaves of the bitter orange tree which blossom also produces neroli essential oil.

Petitgrain is perhaps best used as a nerve tonic, it can help relieve feelings of anxiety and depression. It can help ease stress and tension and feelings of anger and frustration. It can also be beneficial in helping with sleep issues such as insomnia and overthinking leading to difficulty falling asleep.

Petitgrain can also help to relieve digestive conditions such as IBS and premenstrual cramping due to its anti-spasmodic properties.

Petitgrain is a lovely smelling oil that is often used in the preparation of soaps and perfume. It is a wonderful oil to use for aromatherapy massage due to its uplifting properties and its stimulating and anti-spasmodic properties.



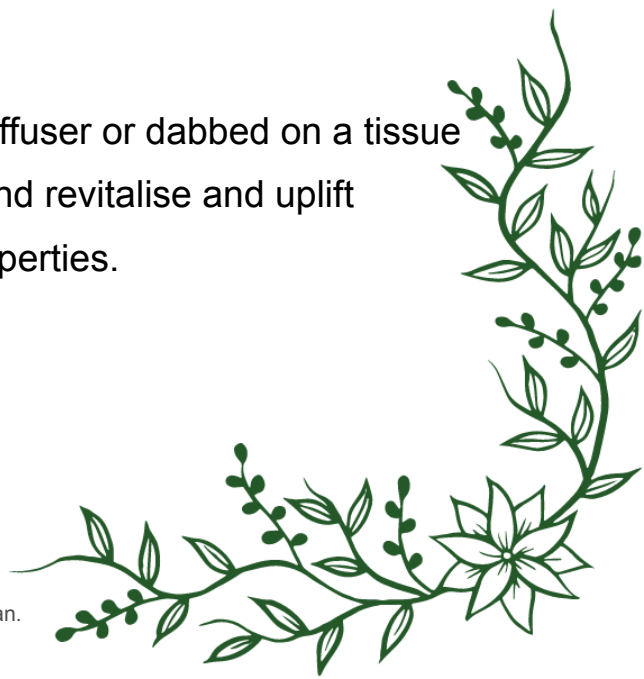
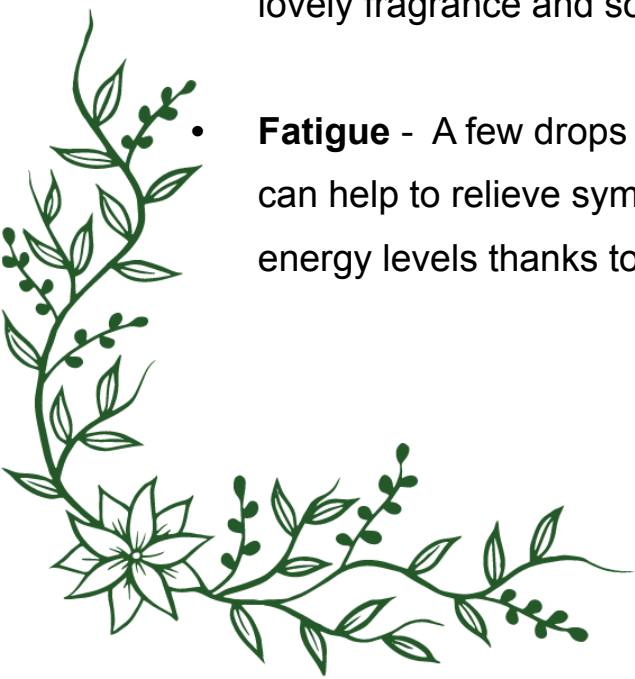
Healing Properties Of Petitgrain Essential Oil

Petitgrain essential oil has the following healing properties:

Properties

Antiseptic, anti-spasmodic, deodorant, digestive, nervine, stimulant and tonic.

- **Depression and Anxiety** – Petitgrain is an uplifting, stimulating oil that can help soothe feelings of anxiety and depression.
- **Anger management** - With its nervine properties helping to ease stress and tension Petitgrain can help with managing feelings of anger and frustration and induce calm relaxed feelings.
- **Insomnia** – Petitgrain can help to relax the mind and body and help to induce a restful night's sleep.
- **Skin Care** – With its antiseptic and tonic properties Petitgrain is beneficial to add to skin care products to help soothe skin conditions such as acne and cuts and scrapes. Due to its lovely scent it is a good oil to add to beauty products and cleaning products to give a lovely fragrance and soothe the skin.
- **Fatigue** - A few drops of petitgrain in a diffuser or dabbed on a tissue can help to relieve symptoms of fatigue and revitalise and uplift energy levels thanks to its stimulating properties.



- **PMS/Premenstrual cramping** – Anti-spasmodics such as Petitgrain are effective when used to ease premenstrual cramping, its uplifting nervine properties can also help with symptoms of PMS.
- **Digestive issues** – Petitgrain helps to relieve the tightness and cramping associated with digestive issues such as gas due to its anti-spasmodic properties, whilst its stimulating properties can help to stimulate the digestive functions.



Ways to use Petitgrain Essential Oil

Diffuse

- Petitgrain essential oil can be used in diffusers or oil burners. Using Petitgrain essential oil in this way is particularly beneficial in relieving feelings of anger, panic, depression and anxiety. It can help to remain calm when irritated. Petitgrain can also help to boost concentration and focus the mind.

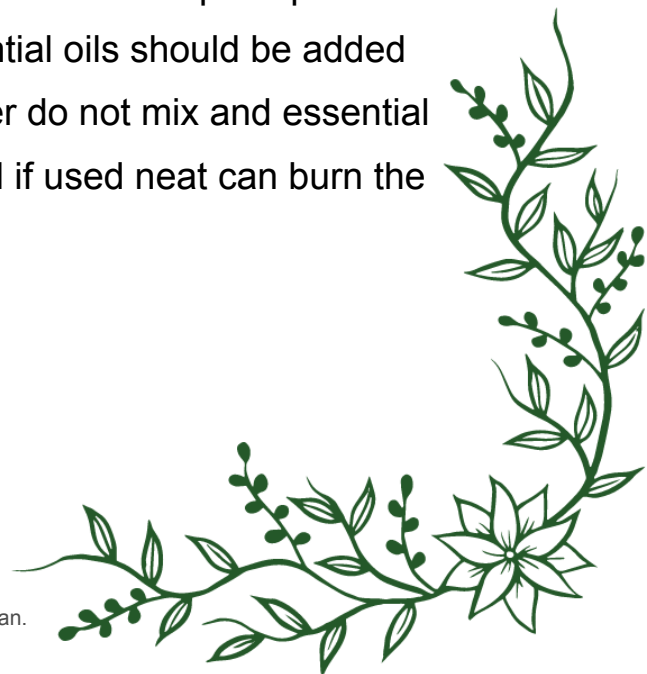
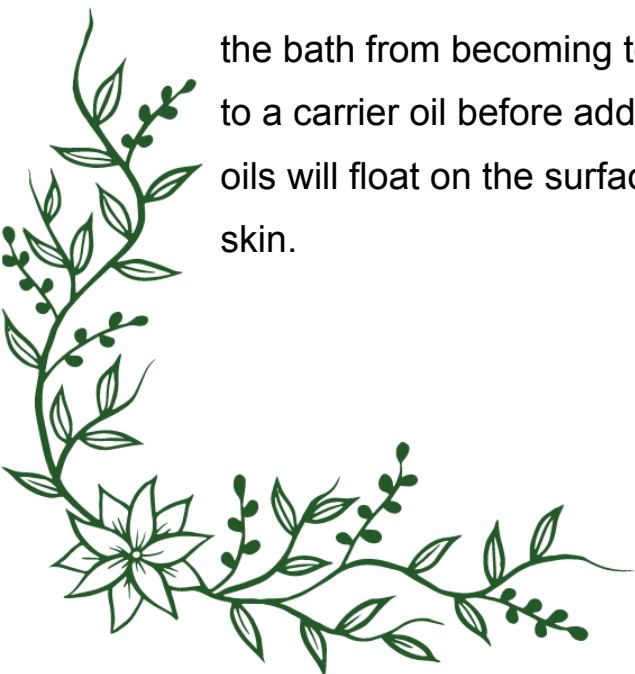
Diffuse 1 - 3 drops of Petitgrain essential oil in an oil burner or diffuser.

Bath

- Petitgrain essential oil can be added to a warm bath to help bring about a state of calm, helping to soothe feelings of anxiety, irritability, anger, panic and tension. If used before bed it can help with symptoms of insomnia due to its calming and relaxing properties.

Add 1 - 3 drops of Petitgrain 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.



Cream

- Adding a few drops of Petitgrain to a base cream is a great way of harnessing Petitgrain's antiseptic properties to treat minor cuts and scrapes. It can also help to dry out oily skin and release congestion of the skin, aiding the healing of acne and skin conditions.

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

Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles . Using Petitgrain in massage can help with skin conditions such as acne. It can help to relieve feelings of anxiety, tension and irritability

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

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



Blends

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

- Bergamot
- Lavender
- Palma Rosa
- Geranium
- Rosewood
- Sandalwood



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.

Petitgrain can cause skin irritation or allergic reactions in some people.

As with all citrus oils you should avoid exposure to the sun or using a sunbed for about 12 hours after using Petitgrain 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.



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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