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Can you put doterra wild orange in water

Wild Orange is a crowd favourite A few basic facts about Wild Orange Essential Oil from doTERRA Sourced from Brazil and cold pressed from the peel High in monoterpenes, Wild Orange possesses a stimulating and uplifting aroma, making it ideal for diffusion. It takes the peel from 154 oranges to make one 15 ml bottle of Wild Orange essential oil

Main Benefits: Powerful cleanser and clarifying agent. Invigorating and supportive to emotional wellbeing. Uplifting to the mind and body. Cautions: Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product. Suggested ways to use: It can be taken daily in drinking water for a citrus burst of flavour & energy Use on surfaces as a natural cleaner. Diffusing Wild Orange will energise and uplift the emotional body. Wild Orange enhances any essential oil blend with a fresh, sweet, refreshing aroma. To feel an energising boost, dispense one to two drops in the palm of your hand along with equal parts Peppermint and Frankincense. Rub palms together and inhale deeply from palms, then rub on the back of neck Cooking with Wild Orange Essential Oil Anywhere it asks for the rind/zest in a recipe you can use your citrus oils, typically 1 drop of citrus can substitute for 1 tsp of zest. If a recipe calls for the zest 1 citrus fruit you can use 3-10 drops of the oil instead. Try adding a few drops to your chocolate, bliss balls, granola or even a few drops to your morning smoothie. It goes well with cinnamon, ginger and other citrus essential oils, like in my Citrus Bliss cake recipe. Diffuser Blend Ideas 2 drops Wild Orange, 2 drops Frankincense, 1 drop Lavender – good for sleep, relaxing, peace and joy. 2 drops Ylang Ylang, 3 drops Wild Orange, 1 Drop Hawaiian Sandalwood (or mix with carrier oil for a massage – not before going out in the sun though) Wild Orange + Vetiver for bed time Wild Orange with Rosemary to enhance focus and memory (homework time) Wild Orange and Peppermint together for a great focus/uplifting blend., the options really are endless!! All Purpose Surface Spray 500ml Glass Spray Bottle (I suggest buying from either www.by-me.com.au or www.oilsforlifeaustralia.com.au) Ingredients ¼ cup white vinegar (& or 1-2 Tbsp unscented liquid soap eg Dr Bronner's Castille Soap). 1 ¾ cups water 30 drops doTERRA essential oils Recommended essential oil combinations: 15 drops each of Lavender and Lemon 10 drops each of Eucalyptus, Peppermint, and Wild Orange 30 drops doTERRA On Guard® 15 drops each of Grapefruit or Wild Orange and doTERRA On Guard Instructions Add all ingredients to 500ml glass spray bottle. Shake thoroughly. Spritz on surfaces and wipe clean. Non-Toxic Wood Polish Bring back the shine to your favorite tables, countertops, floors, and more with this simple recipe from doTERRA Ingredients 1/4 cup olive oil 1/4 cup vinegar 10 drops doTERRA essential oils (try Wild Orange, Arborvitae, or Lemon) 8 oz. (approx 200ml) glass spray bottle Directions: Add olive oil and vinegar into glass spray bottle. Add 10 drops of essential oil. Shake well before each use. Apply to a microfiber cloth and wipe wood surfaces clean. Repeat every 2-3 months or as often as needed. Wild Orange is a beautiful, uplifting, energising, joyful aroma, you could also add a drop or 2 to diffuser jewellery made of clay or lava or put a few drops in the palm of your hands, rub together and inhale deeply, enjoy! How to get your hands on Wild Orange Essential Oil The best and cheapest way to buy Wild Orange (and all of doTERRA's essential oils) is to open your own wholesale account. In fact, for those that buy essential oils through me, if I can post, I will post you a free 5ml wild orange when you open an account as part of your welcome pack. I have put together step by step instructions here to help you do that. You can always contact me too and I'll help you get started. This article on the 6 reasons to use wild orange essential oil was originally written by my wife, Angel Jockers - check out Angel's facebook page, instagram, YouTube or website where she shares all kinds of family and health information. Summertime is officially here! And what better captures the great feeling of summer than a refreshing and light citrusy scent? Wild oranges are full of life-giving energy and taste! Did you know they can also help improve mood, fatigue, and lack of mental clarity? Some of our best elixirs aren't synthetic at all; they are nature, packaged in a 21st century consumer-friendly bottle. I am referring to essential oils! Essential oils are nature + modern science + no negative side effects (if taken properly). On the other hand, pharmaceutical medicines are (primarily) synthetic chemicals + modern science + negative side effects (in certain circumstances). To me, it makes a lot of sense to first go to nature before going to my local drug store! Let's investigate and see how summertime's wild orange essential oil, in particular, can help! Purify Your Environment Wild orange essential oil helps to purify, as its properties are antibacterial in nature. (1) Simply add some to a homemade hand sanitizer for a great smell and to fight germs! Or make a homemade natural all-purpose cleaning product by implementing the bacteria-killing essential oil! More simply, drop one to two drops on your hands and rub them together. Your hands will smell terrific, and they will be bad germ-killing agents! You can also purify your home by diffusing wild orange essential oil into the air. Or you can spray some into your car, and it can double up as a non-toxic air freshener. Supports a Healthy Immune System! Due to its high volume of antioxidants, wild orange essential oil is a great immune system booster! One study was done using a blend of natural immune boosting essential oils, including: wild orange, rosemary, cinnamon, eucalyptus, and clove essential oils. The results of the test suggest that the health promoting capacity within these oils was truly significant. Influenza virus infectivity was suppressed by essential oil treatment in a dose-dependent manner; the number of nascent viral particles released from MDCK cells was reduced by 90% and by 40% when virus was treated with 1:4,000 and 1:6,000 dilutions of the oil, respectively. Oil treatment of the virus also decreased direct infection of the cells as the number of infected MDCK cells decreased by 90% and 45% when virus was treated with 1:2,000 and 1:3,000 dilutions of the oil, respectively. (2) Simply stated, the more pure and less diluted the essential oils were, the more significantly they were able to slow down the spread of the influenza virus and build a stronger immune system. Energize Your Day In natural health, there is no 'silver bullet,' so to speak, but by implementing strategic principles into ones' life, one can truly improve their energy and quality of life. While it is important to consider one's nutrition, exercise, mind-set, spinal care, and limiting the environmental toxins one exposing himself (or herself) to in order to deliver one's best performance and vitality, supplementing a healthy lifestyle with wild orange essential oil can help to increase one's energy. One helpful resource offers the following practical strategies in how to apply essential oils to help improve the symptoms of fatigue: Diffuse one of the suggested oils or a blend throughout the day to boost energy. If away from home, make a blend with the favorite stimulating oils. For on-the-go situations rub the mix into the hands several times per day and cup and inhale, use an inhaler, or make a tissue cup. For help waking up in the morning use an uplifting oil or blend with a tissue cup, inhaler, or apply stimulating oils to the feet after a morning shower. (3) Helps Improve Mood and Peace of Mind Studies show that wild orange essential oil can help improve mood and peace of mind. Read the powerful statistics that indicate the effectiveness of this natural healing agent: A systematic review of 16 randomized controlled trials examining the anxiolytic (anxiety-inhibiting) effects of aromatherapy among people with anxiety symptoms showed that most of the studies indicated positive effects to quell anxiety (and no adverse events were reported).² People exposed to bergamot essential oil aromatherapy prior to surgery had a greater reduction in pre-operative anxiety than those in control groups.³ Sweet orange oil has been found to have anxiety-inhibiting effects in humans, supporting its common use as a tranquilizer by aromatherapists.⁴ Ambient odors of orange and lavender reduced anxiety and improved mood in patients waiting for dental treatment.⁵ Compared to the controls, women who were exposed to orange odor in a dental office had a lower level of anxiety, a more positive mood, and a higher level of calmness. Researchers concluded, "exposure to ambient odor of orange has a relaxant effect."⁶ (4) A helpful way to utilize wild orange essential oil in improving mood and peace of mind is to use it aromatically. This can be done using a diffuser in the room you are working in, directly inhaling and breathing in the oils, applying the oil topically (blended in with a carrier oil, such as fractionated coconut oil, in an aromatherapy massage, or utilizing the wild orange in a topical product, such as a lotion, or inside of a hot bath. Curb Your Appetite It's bathing suit season! Everyone knows this, and many people cringe with this news. I can relate with the feeling of dreading the season when all your physical flaws become exposed in a bathing suit. I used to really struggle with loving my body and would always look for ways to look better and better. I believe in beauty and how it is a great gift God has given us. One form of beauty is in our physical form. I think, though, that the first step toward true beauty must start from within. Personally, I had to grow to accept and learn to love and cherish my body God has given me. Once I learned to accept my frame, I then learned how to maximize both my overall appearance and my overall health. Beauty is still important; but health needs to be our goal, also, for us to stay balanced. All that said, wild orange has properties in it that can help to curve our appetite. True whole foods are good and a gift. But over-indulging is a temptation to many. I have faced the temptation to eat when I've not really been hungry, and sadly, I have given in to that temptation at times. Wild orange, as well as other citrus-based essential oils, are a tool that we can use to be more in tune with the signals our bodies give us, indicating when it is time to eat and when it is time to stop. Try a drop or two in your glass water bottle, and drink it throughout the day, specifically when you have an urge to eat when you are not truly hungry. Orange Oils in Cooking I saved my favorite of the six super summertime ways to use wild orange essential oils: cooking! Not only can wild orange essential oil be used aromatically and topically; it can also be ingested! With all of its health benefits, why not incorporate it into your diet. As mentioned earlier, try dropping one or two drops into your water. In addition, here are some yummy recipes I found that incorporate this nutritious and delicious essential oil: Try blending one serving of non-sweetened coconut yogurt, 1 squirt of stevia, and 2-3 drops of wild orange essential oil. Take this chocolate pudding recipe and add 2 drops of wild orange essential oil to it to give it a unique and delicious flavor! Wild orange can be used in a plethora of creative, summertime recipes and DIY home remedies. 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