



Neroli Essential Oil

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Neroli Essential Oil

Neroli has a fresh uplifting citrus scent, it's got great anti-aging properties and is perfect for adding to skin care to reduce the appearance of stretch marks and thread veins.

About Neroli

Neroli is made from the white blossom or the bitter orange tree and as a result has a fresh uplifting citrus fragrance which is perfect for use in skin care products, perfumes and even cleaning products. It is wonderful to use on the skin and is particularly beneficial to use on mature skin due to its cytophylactic and cicatrisant properties which means it can stimulate the growth of new skin cells and can help preserve the health of the skin. This makes Neroli a perfect oil to add to homemade anti-aging products or even just adding a few drops to a carrier oil and massaging it into the face and body. It also helps to reduce the appearance of stretch marks and thread veins

This wonderfully exotic and uplifting oil is amazing at reducing stress and boosting low mood and reviving and energising both the body and mind.



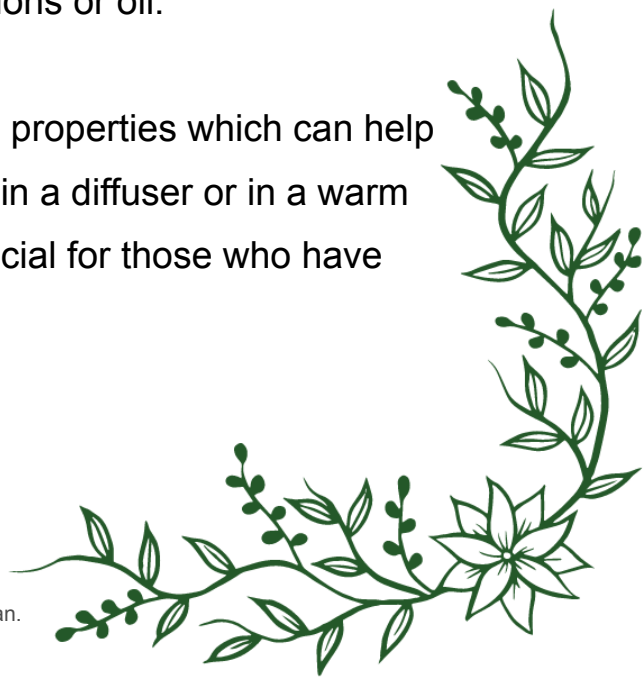
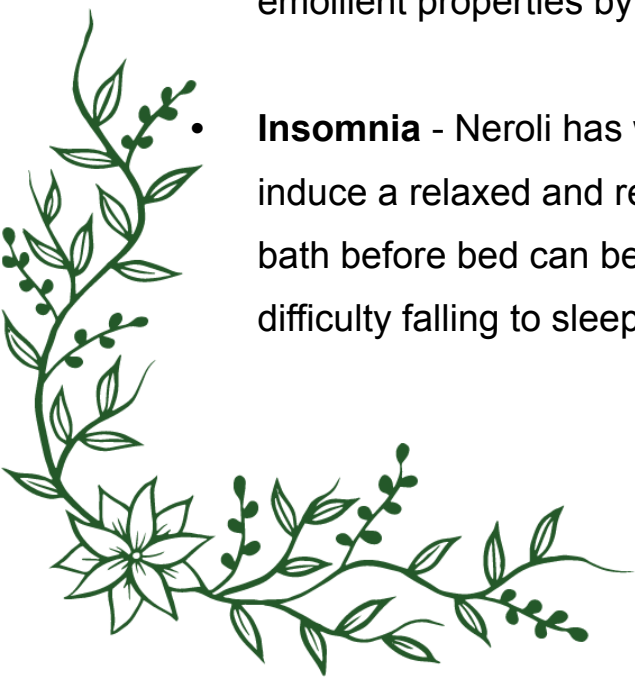
Healing Properties Neroli Essential Oil

Neroli essential oil has the following healing properties:

Properties

Anti-depressant, antiseptic, anti-infectious, anti-spasmodic, aphrodisiac, bactericidal, carminative, cicatrisant, cytophylactic, cordial, deodorant, digestive, Emollient, sedative and tonic.

- **Depression** – Neroli is an uplifting oil with anti-depressant and sedative properties which can help relieve stress, anxiety and low mood. Use it in a diffuser or in a bath to lift low mood and reduce stress and anxiety.
- **Anti-aging skincare** – Neroli has excellent anti-aging properties, it's a cytophylactic, cicatrisant and emollient which makes it perfect to add to creams, lotions and oils to make rich nourishing face creams and body lotions which are particularly good for mature
- **Stretch marks/Thread veins** – Neroli can help reduce the appearance of existing stretch marks and thread veins and help prevent new ones forming due to its cytophylactic, cicatrisant and emollient properties by adding to body lotions or oil.
- **Insomnia** - Neroli has wonderful sedative properties which can help induce a relaxed and restful sleep. Used in a diffuser or in a warm bath before bed can be particularly beneficial for those who have difficulty falling to sleep.



- **Aphrodisiac** – Neroli can be used as an aphrodisiac to increase low libido.
- **Menstrual pain/cramps** – Due to its antispasmodic properties Neroli can help to relieve the pain and cramps associated with menstrual pain.
- **Digestive issues** – As a calmative, digestive and anti-spasmodic Neroli can be used to relieve digestive conditions and the discomfort associated with digestive issues.
- **Antiseptic** – Neroli can be used as a general anti-bacterial and antiseptic treatment for cuts and scrapes.
- **Deodorant** – Neroli can be used to make an effective deodorant.



Ways to use Neroli Essential Oil

Diffuse

- Neroli essential oil can be used in diffusers or oil burners. Using Neroli essential oil in this way is particularly beneficial in inducing relaxation and relieving the stress of the day and can help relieve the symptoms of insomnia due to its sedative properties. It is an uplifting oil that can help lift the spirits and boost mood and therefore relieve feelings of depression. It is also good for purifying the air.

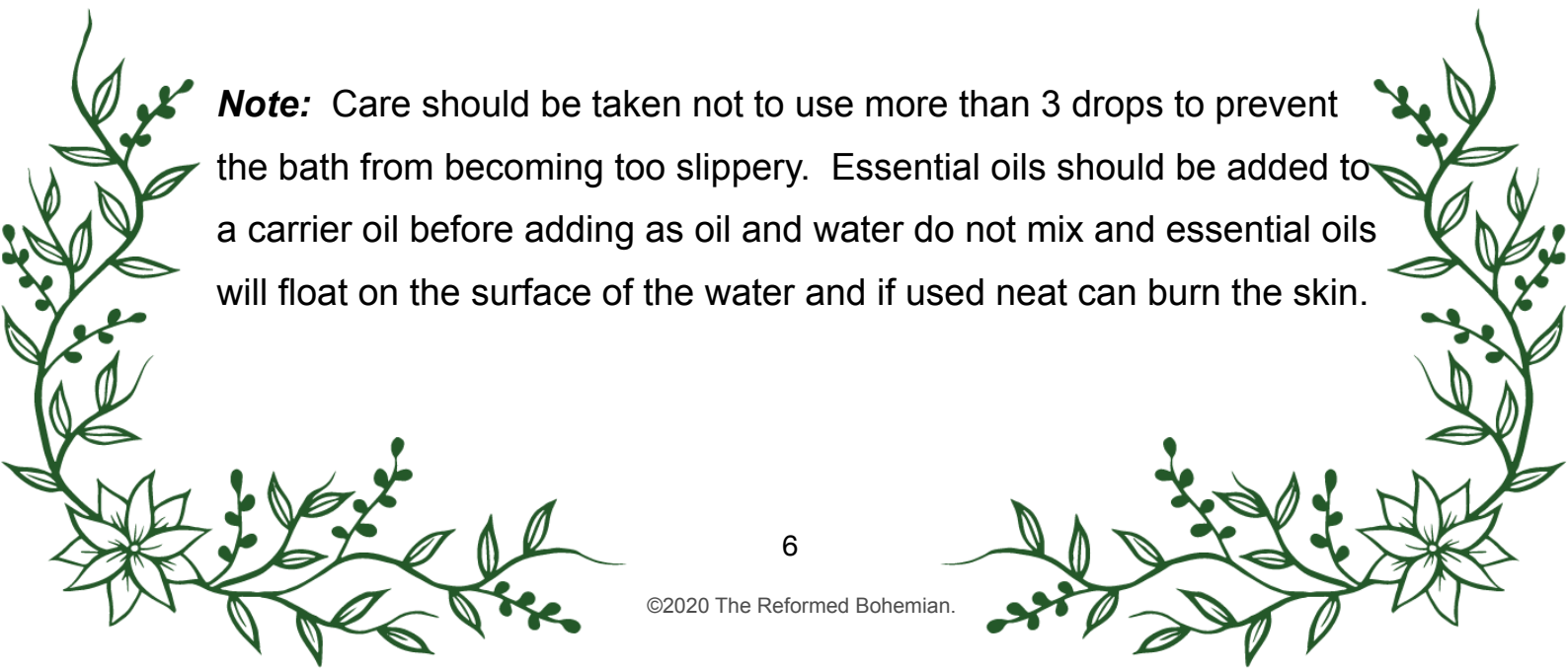
Diffuse 1 - 3 drops of Neroli essential oil in an oil burner or diffuser.

Bath

- Neroli essential oil can be added to a warm bath to relieve muscle aches and menstrual pains. It is also beneficial for fading scars and stretch marks due to its cytophylactic and cicatrisant properties.

Add 1 - 3 drops of Neroli 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 Neroli to a base cream is a great way of harnessing Neroli's antiseptic properties to treat minor cuts and scrapes. It's particularly beneficial for dry or maturing skin and can make an excellent anti-aging moisturiser. Neroli has cytophylactic and cicatrisant properties which means it can stimulate the growth of new skin cells and can help preserve the health of the skin.

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

Deodorant

- Neroli can be added to coconut oil and baking soda to make a fresh smelling effective natural deodorant to combat excessive perspiration.

Add 3 drops of Neroli essential oil to 6 tablespoon of solid coconut oil, 4 tablespoons of baking soda and 4 tablespoons of either arrowroot or corn-starch and mix well.



Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles. Neroli is perfect for massage therapy due to its sedative properties, it can help induce a state of relaxation. Neroli can also improve the appearance of scars and stretch marks due to its cytophylactic and cicatrisant properties.

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

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



Blends

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

- Chamomile
- Clary Sage
- Coriander
- Frankincense
- Geranium
- Ginger
- Grapefruit
- Jasmine
- Juniper
- Lavender
- Lemon
- Mandarin
- Myrrh
- Orange
- Palma Rosa
- Petitgrain
- Rose
- Sandalwood
- Ylang Ylang



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 Neroli 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





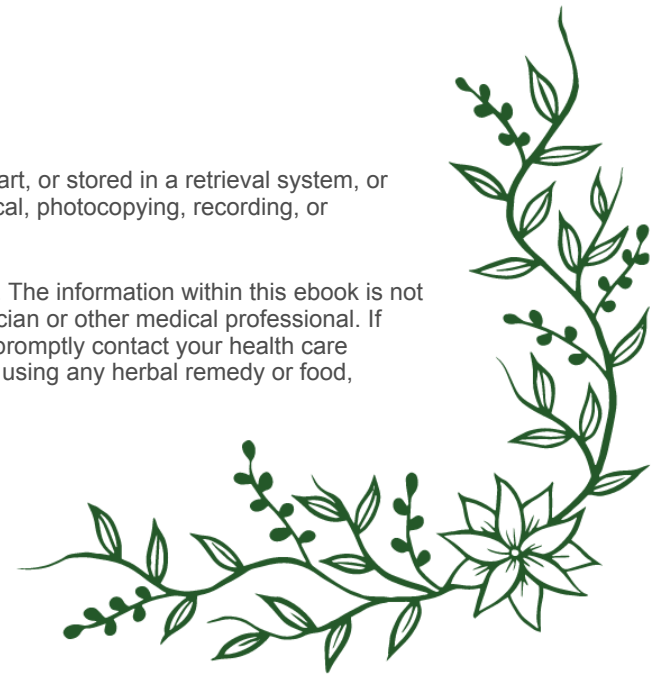
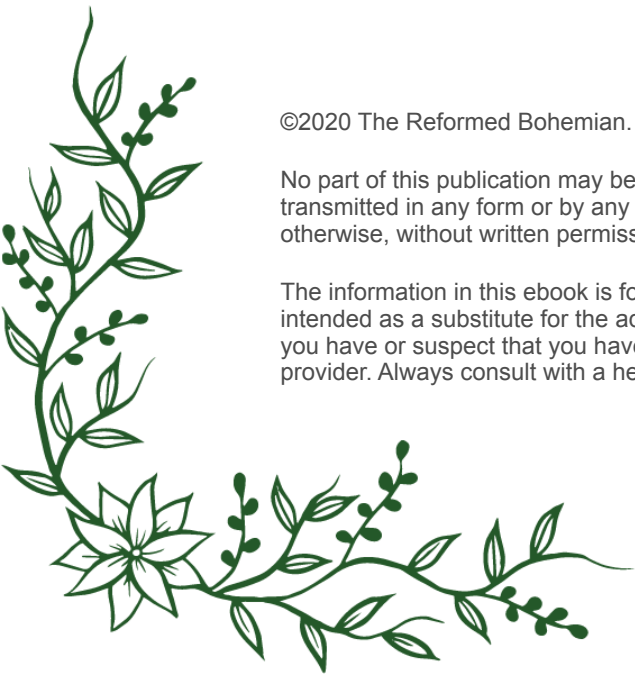
The Reformed Bohemian
Health & Well-Being Powered By Nature



Find out more at

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