

Tangerine Oil: Your Morning Booster Essential Oil

What Is Tangerine Oil?

Tangerine (*Citrus tangerina*) belongs to the mandarin orange family, which are both members of the citrus family. They have very similar taste and properties, the reason why they are often interchanged. But horticulturists can easily distinguish one from another. Compared to mandarin's light colored skin, tangerine's skin has a darker reddish-orange hue, and while mandarin skin has a smooth texture, tangerine has a thick, bumpy skin. [1](#)

Tangerine oil comes from the fruit's outer peel and has a warm, fresh, and citrusy aroma. Because of its sweet, tangy scent and calming effect, it's a perfect fit for any early morning ritual.

Uses of Tangerine Oil

Tangerine oil is known for its anti-fungal and antiseptic properties, making it a popular ingredient of skin care formulas. It's a great remedy for acne and skin impurities. Tangerine essential oil also works for hair because of its antiseptic properties, and helps treat dandruff, dry scalp, and other [hair infections](#).

It also has cytophylactic properties and aids in restoring damaged tissues in the body. It helps reduce the appearance of [scars](#) and stretch marks. [2](#)

Because of its zesty aroma, tangerine oil is also used in lotions and perfumes.

Composition of Tangerine Oil

The main chemical components of tangerine oil are a-pinene, myrcene, limonene, gamma-terpinene, citronellal, linalool, neral, neryl acetate, geranyl acetate, geraniol, thymol, and carvone. [3](#)

Benefits of Tangerine Oil

Tangerine oil is more than just a simple essential oil. It has a wide array of health benefits, such as:

- **Calming effect** – It works as a relaxing agent by soothing agitated nerves. It also reduces tension as well as emotional imbalances. It also works as a sedative by [relieving anxiety](#), depression, and nervousness. It also promotes [healthy sleep](#).
- **Blood purifier** – The depurative property of the oil purifies the blood by excreting unwanted toxic compounds such as [uric acid](#), excessive salt, and

pollutants. Toxins are released from the body through sweat, urination, and excretion.⁴

- **Controls spasms** – It has a strong antispasmodic property and acts as a relaxant to relieve the muscles and nerves from spasm.
- **Weight loss** – When applied topically as a massage oil, it [helps fight against cellulite](#). It also helps speed up your metabolism by keeping the stomach in good condition. Tangerine oil helps with the circulation and balance of digestive juices in the stomach.⁵

How to Make Tangerine Oil

Tangerine oil is extracted from the rind of the fruit. It's cold pressed, which is a common method of extraction for citrus oils. The extract has yellow-orange color and emits a zesty, sweet scent.

How Does Tangerine Oil Work?

There are several ways to use this amazing oil. It can be used in cooking, for bathing, and as diffuser. It can be ingested, applied topically, or mixed with food. I recommend these following applications to maximize the use of tangerine oil:

- It can be used in cleaning the house. Take a few drops and mix it with water. Apply the solution to a cleaning rag and use it to wipe surfaces and nooks. With its antiseptic property, it helps disinfect and clean the house.
- By applying directly to a wound, tangerine oil helps kill the bacteria and disinfects the affected area. It also reduces the swelling and redness of the wound.
- It can be added to a carrier oil and used as a massage oil. Mixed it with a light carrier oil such as jojoba oil or coconut oil. The recommended ratio is one drop of tangerine essential oil to every 5 ml of preferred carrier oil.⁶
- To prevent stretch marks, mix 1-2 drops of tangerine essential oil with 1-2 drops of lavender oil and a teaspoon of preferred carrier oil and rub it on the affected area.⁷
- Simply add a drop of tangerine essential oil in a glass of water and drink it for an additional boost.
- Rub the essential oil to a candle before lighting for aromatherapy use.⁸

Is Tangerine Oil Safe?

Tangerine oil is known for its phototoxicity, but it is generally safe because it's non-toxic, non-irritant, and non-sensitizing.

It's safe to use topically during pregnancy because it helps prevent stretch marks. However, I believe it's always best to consult your health care physician when using

this oil because it might trigger skin discomfort, especially in people with sensitive skin.

Side Effects of Tangerine Oil

Most citrus oils are known to be phototoxic and that includes tangerine essential oil. It is best to practice caution when exposing to sunlight, real or artificial, within 72 hours after the application. The oil contains some chemical components that react when exposed to UV rays, causing inflammation, blisters, and burning of the skin.