

Neroli Essential Oil

Intro

Neroli has a wonderfully sweet and flowery aroma and is a very popular essential oil. The scent can be slightly hypnotic and will linger in the air, creating a truly exquisite atmosphere. The oil is extracted from the blossoms of the bitter orange tree which is grown in Sicily, Italy, France and some parts of Africa.



Usage

Neroli is one of nature's most effective antidepressant oils, which together with its balancing and sedative properties makes it perfect for treating all types of negative emotional conditions, states of anxiety, menopause, and insomnia. This action may also in part explain the oil's reputation as an effective aphrodisiac. Most problem skin conditions respond extremely well to treatments incorporating neroli, but for best results mix it with a hypoallergenic carrier lotion or base cream rather than a carrier oil. Used as part of a regular skin care routine, neroli improves elasticity, stimulates new cell growth, reduces thread veins, softens wrinkles and scars, and smells absolutely divine. The perfect skin care oil!



Ancient Wisdom

It is believed that neroli originated in South-East Asia, later spreading to North-Eastern India, Burma and China, and eventually finding its way via Arab traders to Africa, Arabia and Syria. From these regions it was taken to the Mediterranean by the Moors, and by the end of the 12th century it was cultivated in Seville, Spain, thereby leading to the common name for bitter oranges. It is not known precisely when or where the oil was first extracted by steam distillation, but legend has it that during the 17th century in Italy, Anne Marie de la Trémoille (Orsini), who was duchess of Bracciano and princess of Nerola, first introduced neroli oil as a fashionable fragrance to high society. She used it whilst bathing and also to perfume her stationary, scarves and most famously, her gloves.

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