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# TOP 10 USES FOR WILD ORANGE

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- 1. Root Beer Aroma:** 3 drops of Wild Orange and 3 drops of Wintergreen oil in a diffuser for a fun root beer aroma.
- 2. Sleep Support:** Rub on big toes and inhale before bed.
- 3. Food Flavoring:** Wild Orange can be used in food. Ideas: salad dressings, orange chicken, orange truffles, orange icing, smoothies
- 4. Gas Relief:** Add Wild Orange in your water and drink. Wild Orange can assist in the removal of gases from the intestines. Gas, forming in intestines and pushing upwards, can be very troublesome.
- 5. Detoxing Toxins & Fat:** Drink Wild Orange Oil. It can help in motivating urination to make toxins like uric acid, bile, excess salts, pollutants, and excess water be thrown out of the body with the urine.
- 6. Mood Magic 1:** 4 drops of Wild Orange, 2 drops of Melissa, 2 drops of Peppermint in a diffuser. Blend in a separate glass bottle and add 4-6 drops to a diffuser.
- 7. Creativity Diffuser Blend:** 15 drops Wild Orange, 12 drops Coriander, 4 drops Myrrh, 4 drops Lemon, 2 drops Frankincense, 2 drops Ylang Ylang, 2 drops Siberian Fir.
- 8. Relieve Frustrated & Irritable Attitude:** Mix 2 drops Wild Orange, 2 drops Bergamot, 2 drops Roman Chamomile in a diffuser or inhale.
- 9. Relieve Cold & Joyless Attitude:** Mix 2 drops Wild Orange, 2 drops Ylang Ylang, 3 drops Myrrh in a diffuser or inhale  
Relieve Frustrated, Tense, Negative Attitude: Mix 2 drops Wild Orange, 3 drops Bergamot, 1 drop Frankincense in a diffuser or inhale.
- 10. Relieve Chronic Indecisiveness:** Mix 1 drop Wild Orange, 3 drops Clary Sage, 2 drops Bergamot in a diffuser or inhale.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

