



Neroli Essential Oil (*Citrus aurantium*)

Neroli essential oil is steam-distilled from the fresh white blossoms of the bitter orange tree (*Citrus aurantium* var. *amara*). It is one of the most prized and expensive essential oils due to its very low yield—thousands of hand-picked flowers are required for a small amount of oil.

Its aroma is sweet, floral, fresh, citrusy, and slightly green/honeyed, making it a staple in fine perfumery (including the original Eau de Cologne), natural skincare, and aromatherapy. It differs from sweet orange oil (from the peel) and petitgrain (from leaves/twigs). The name originates from a 17th-century Italian princess.

Main Chemical Constituents

Key compounds responsible for its effects include:

- Linalool (often 26–55%): Calming, anti-inflammatory, antimicrobial.
- Linalyl acetate: Relaxing and soothing.
- Limonene: Uplifting, antioxidant.
- Nerolidol, farnesol, α -terpineol, geraniol, nerol, α -pinene, β -pinene: Contribute to skin regeneration, antimicrobial, and anti-inflammatory properties.

These work synergistically for antioxidant, antimicrobial, sedative, and regenerative effects.

Evidence-Based Benefits

Research (including small clinical trials and reviews) supports several uses, particularly in women's health, stress, and skin care. Results are promising but often preliminary; essential oils complement, but do not replace, medical care.

- Stress, Anxiety & Mood: Inhalation reduces anxiety, lowers cortisol, supports parasympathetic nervous system, and improves emotional balance, depression, grief, and insomnia. Often called “nature’s tranquilizer.”
- Women’s Health:
 - Menopausal symptoms: Improves quality of life, sexual desire/libido, reduces blood pressure and stress markers (randomised trial).
 - PMS, menstrual cramps (dysmenorrhea), labour pain/anxiety, pregnancy-related nausea/anxiety/depression, and postpartum support.
 - A 2026 systematic review highlighted it as a safe, low-cost option for pain, anxiety, and discomfort in women’s health.
- Pain & Inflammation: Analgesic and antispasmodic; helps with menstrual pain, headaches, labour, and general inflammation by reducing central/peripheral pain sensitivity.
- Cardiovascular Support: Inhalation may lower systolic/diastolic blood pressure and pulse rate, mainly via stress reduction.
- Skin Health: Antimicrobial, antioxidant, anti-inflammatory, and regenerative. Supports mature/irritated skin, acne, scars, stretch marks, wrinkles, elasticity, and tone. Non-phototoxic (flower-distilled).
- Sleep: Promotes relaxation and better sleep quality.
- Other: Possible digestive comfort (bloating, stress-related indigestion), respiratory support, mild antimicrobial/antifungal action for cleaning or skin, and scalp/hair benefits (shine, dryness, flakiness).





Common Uses

- Aromatherapy/Diffusion: 3–6 drops in a diffuser for stress relief, sleep, meditation, or mood uplift. Inhale directly from tissue/bottle or use a personal inhaler.
- Topical: Dilute 1–3% (5–18 drops per ounce of carrier oil like jojoba, argan, rosehip, or coconut). Use for massage (abdomen for cramps, chest/back for relaxation), facial serum (0.5–1%), or on scars/stretch marks.
- Bath: 3–5 drops diluted in carrier oil, milk, or dispersant.
- Skincare & Hair: Add to creams, lotions, serums, or shampoo/conditioner for regeneration, acne, or scalp health.
- Perfume & Linens: Natural fragrance; use in sprays or on pulse points (highly diluted).
- Cleaning: Antimicrobial blends for home sprays.

Blends Well With: Lavender, rose, ylang-ylang, geranium, jasmine, clary sage, frankincense, sandalwood, vetiver, bergamot, sweet orange, lemon, and other citrus/floral/woody oils.

Sample Blends:

- De-stress diffuser: Neroli + bergamot + sandalwood + vetiver.
- Facial oil: Neroli + mandarin + frankincense in carrier oil.

Safety Notes

- Generally recognised as safe (GRAS) when used properly. Non-toxic, non-sensitising, and non-phototoxic.
- Always dilute for topical use and perform a patch test.
- Avoid ingestion. Keep out of reach of children and pets.
- Consult a healthcare professional if pregnant, breastfeeding, on medication, or with health conditions.
- Citrus allergy caution recommended.

Choose pure, therapeutic-grade, undiluted neroli from reputable sources.

Summary

Neroli is a versatile, gentle essential oil valued for emotional wellness (stress/anxiety/sleep), women's health support, pain relief, and luxurious skincare/hair benefits. Its calming floral scent and regenerative properties make it ideal for aromatherapy, natural perfumes, and holistic routines. While research supports many traditional uses, it is best used mindfully as part of a broader wellness approach.

