

Intuitive Connection

Newsletter

AUGUST 2026

Vol. 130



Wild Orange - Top 10 Benefits and Uses

If you've ever peeled an orange, you'll recognize the sweet, fresh, and fruity scent of Wild Orange essential oil. With countless uses for the home, body, and mind, Wild Orange is one of the top selling essential oils.

Sourced from Brazil and Greece, the oil is extracted by cold pressing the rind of the fruit. It takes approximately 10 pounds of orange peels to produce 15 ml of Wild Orange essential oil.

The main chemical component of Wild Orange is d-Limonene, and the other component is b-Myrcene. This oil falls into the chemical category Monoterpenes. While it may not have many components, this oil packs a powerful punch in it's therapeutic benefits including:

1. Analgesic (muscle pain/stiffness)
2. Antibacterial
3. Anti-inflammatory
4. Antioxidant
5. Antiseptic
6. Antiviral
7. Cleansing (including airborne deodorizers/purifiers)
8. Decongesting (for respiratory and muscular system)
9. Protects cells and encourages normal cell growth (activates white blood cells)
10. Uplifting/mood enhancing



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Ways to Use Wild Orange

Wild Orange is one of the best choices in a blend for digestive disorders. It reduces constipation, gas, abdominal spasms, nausea, and vomiting. Add one to two drops to a smoothie, french toast or muffin batter, or juice to aid digestive disorders. It pairs great with cinnamon, blueberry, and coconut.

It is a bright, uplifting oil, and adds a fresh, happy note to aid mood and cognition. Inhaling Wild Orange has a calming, anxiety-relieving effect. To feel energized first thing in the morning, add a few drops to your body wash for an invigorating shower. Or dispense one to two drops in the palm of your hand, inhale, then rub on the back of your neck to maintain uplifting feelings. Diffuse in the late afternoon or early evening to help lift mood and increase awareness.

Wild Orange is great for the musculoskeletal system, and is especially useful for pain and inflammation. Try combining it with Lavender, Geranium, or Peppermint added to massage lotion and apply to painful areas.

Don't forget about skincare. This oil is a useful antiseptic and has astringent qualities. Add a drop or two to your favorite skin lotion to tone skin and reduce secretions.

This is a great choice to support the liver and detoxify the body. Add a drop or two to tea or water to enhance flavor and promote health.

It is useful for purifying the air, promoting an energizing and uplifting environment, or simply creating a pleasant smell in the home. Place a few drops on your air filter to improve your home's scent and purify the air.

With its antiviral properties, Wild Orange can be used to wipe down frequently used surfaces around the home. Put 3 drops in your bathroom sink or bathtub drains to help dispel odors or grime. Or try making your own diy furniture polish to create a natural furniture polish.



DIY Furniture Polish

Bring the shine back to your favorite tables, chairs, floors, and other wood elements with this simple recipe for homemade wood polish using Wild Orange essential oil.

Ingredients

¼ cup olive oil

¼ cup vinegar

10 drops Wild Orange essential oil

Instructions:

1. Add olive oil and vinegar to a glass spray bottle.
2. Add 10 drops of Wild Orange essential oil.
3. Shake well before each use.
4. Apply to microfiber cloth and wipe wood surfaces clean. Repeat every two to three months or as often as needed.



Wild Orange is not phototoxic. If you have sensitive skin, use in low dilution (1-2%) with a carrier oil.

Recipes with Wild Orange

Orange Creamsicle Lip Balm



Ingredients

- ½ oz Beeswax
- ½ oz Coconut Oil
- ¼ oz Shea Butter
- ¼ oz Cocoa Butter
- 30 drops Wild Orange
- 2 teaspoons pure Vanilla Extract

1. Place everything except the Wild Orange essential oil and vanilla extract into a glass measuring cup.
2. Fill a large saucepan with one to one-and-a-half inches of water. Bring to a boil.
3. Once boiling, place the glass measuring cup in the center of the saucepan.
4. Stir every few minutes until the ingredients have melted and are combined.
5. Once all the wax is melted, remove from heat and let sit for 3 minutes.
6. Add the vanilla extract and Wild Orange essential oil and stir to combine.
7. Pour the mixture into lip balm containers and let cool.
8. Enjoy the moisturizing benefits (and yummy flavor).

Ingredients

- 1 cup finely shredded coconut, divided
- 1 cup almond butter
- 1 cup dried cranberries
- ½ cup raw honey
- ½ teaspoon salt
- 2 tablespoons chia seeds
- 3 drops Wild Orange

Instructions

1. Place all ingredients into mixer, reserving just a half cup of the shredded coconut in a bowl to the side.
2. Add essential oil.
3. Mix until well combined.
4. Roll into balls and coat in the other half of shredded coconut.
5. Store in the refrigerator.

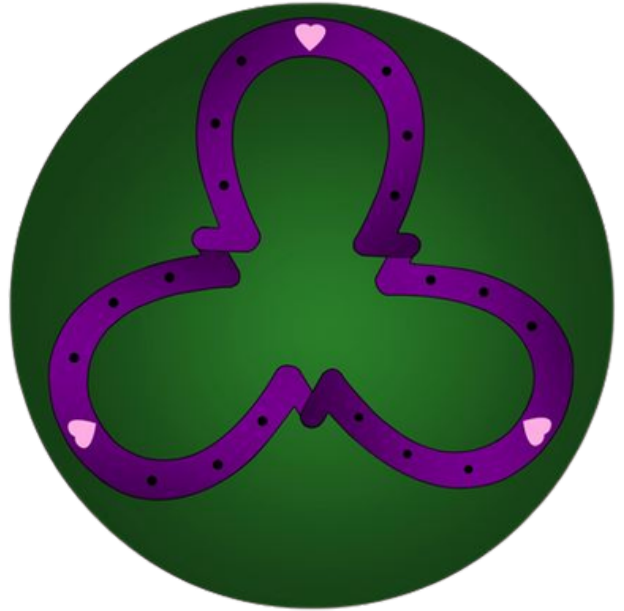
Wild Orange Power Bites



Tip: Eat when you need an extra boost of energy or before a workout.

If you're interested in purchasing Wild Orange, click the link and you'll be directed to my website. Supplies are limited, but I can order bottles as needed.

Services Offered



Animal Communication
Energy Healing
Sacred Healing Crystal Jewelry.
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