

PETITGRAIN

CITRUS AURANTIUM

Country of Origin: Paraguay

Steam distilled from leaves and twigs

Petitgrain (*Citrus aurantium*) is a steam-distilled oil drawn from the leaves and twigs of the bitter orange tree, valued for its fresh, green aroma and its strong affinity for emotional balance and nervous system support. Naturally rich in esters such as linalyl acetate, it carries a calming yet clarifying character known for easing tension, lifting mood, and settling the system.

Its aroma is crisp, slightly woody, and softly floral with a subtle citrus brightness that feels clean rather than sweet. It is often used when emotions feel unsettled, reactive, or overstimulated, particularly in cases of stress, anxiety, or mental fatigue.

In both aromatic and traditional use, petitgrain has been regarded as a balancing and regulating oil, supporting emotional steadiness, nervous system calm, and overall mental clarity. It works by smoothing extremes, helping the system shift out of reactivity and into a more stable, composed state.

FUNCTIONAL CONSTITUENTS

Linalyl Acetate The dominant ester in petitgrain, linalyl acetate gives the oil its soft, slightly floral freshness. It is strongly associated with calming the nervous system, reducing tension, and promoting emotional balance without heaviness.

Linalool A monoterpene alcohol that adds a light, clean lift to the aroma. Linalool is known for its soothing and antimicrobial properties, supporting both relaxation and overall system balance.

Geranyl Acetate An ester that contributes a subtle sweet-green note. It is associated with uplifting the mood while reinforcing the oil's balancing effect on both emotional and physical systems.

Clinical Studies: <https://pubmed.ncbi.nlm.nih.gov/40397313/>
<https://pubmed.ncbi.nlm.nih.gov/29976894/>
<https://pubmed.ncbi.nlm.nih.gov/20232339/>



HOW WE SOURCE

Petitgrain oil is shaped by the quality of the leaves and twigs and the care taken to preserve its delicate ester content. We look for Petitgrain grown in warm, stable climates where the plant can develop a balanced aromatic profile without excessive stress that can degrade its softer compounds.

The leaves and young twigs are harvested, then steam distilled to capture their volatile constituents. Because petitgrain is naturally high in esters, proper handling and storage are critical to prevent oxidation and preserve its calming character. We look for oil that is fresh, green, and softly floral with a clean, well-rounded profile, never sharp, overly woody, or lacking brightness.

OUR PETITGRAIN IS:

- ✓ Steam distilled from leaves and twigs
- ✓ Unrefined and not standardized
- ✓ Naturally high in esters
- ✓ Carefully handled to preserve freshness
- ✓ Fresh, green, and softly floral

We look for oil that carries a clean, lightly woody citrus profile with a smooth, calming finish, an indicator of proper handling and preserved ester content. Sharp, overly woody, or flat oil signals oxidation or poor processing, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Fresh, green aroma*
- Softly floral undertone*
- Clean, well-rounded profile*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Sharp or overly woody scent*
- Flat or lifeless aroma*
- Oxidized or degraded oil*
- Clear or plastic packaging*

HOW TO USE PETITGRAIN

Petitgrain is commonly used when the goal is calming the nervous system, smoothing emotional fluctuations, and maintaining a clear, steady state. It fits easily into aromatic, topical, and environmental routines.

Aromatic

Diffuse 3–5 drops or inhale directly. Often used to reduce anxiety, ease tension, and promote a calm, balanced environment.*

Topical

Dilute with a carrier oil and apply to wrists, chest, or neck. Commonly used to support emotional balance and reduce nervous tension.*

Environmental

Add to spray blends and mist around living spaces. Often used to create a clean, calming atmosphere without heaviness.*

Bath

Add to bath salts before dispersing in warm water. Commonly used to relax the body and support emotional reset.*

WHAT IT SUPPORTS

Petitgrain is traditionally used when the goal is stabilizing the nervous system, easing emotional reactivity, and restoring a calm, balanced state. It supports:

- Emotional balance and reduced anxiety*
- Regulation of stress and nervous tension*
- A calm, steady, and composed state*
- Relief from mental fatigue and irritability*
- Overall nervous system stability and resilience*

Used consistently, it helps the system feel more even, grounded, and responsive, supporting emotional regulation and a more balanced internal state.

PETITGRAIN IN THE STILLROOM

Petitgrain has long been kept in the stillroom as a regulating, steadying oil to be used when the nervous system feels overstimulated, reactive, or unsettled. Distilled from the leaves and twigs of Citrus aurantium, it is closely associated with easing tension, smoothing emotional fluctuations, and restoring a more even, composed state.

It is often reached for during periods of anxiety, irritability, or when the mind cycles between overactivity and fatigue. This is not a deeply sedating oil. It works with balance, helping take the edge off without dulling clarity or responsiveness. Used in small amounts, it supports a calmer, more stable state while maintaining focus and mental clarity.

MORE WAYS TO USE PETITGRAIN

Midday Reset

Inhale from palms during stressful moments. Commonly used to steady emotions and regain composure.*

Pre-Sleep Wind Down

Diffuse briefly before bed. Often used to ease lingering tension without creating heaviness.*

Pulse Point Balance

Apply diluted to wrists or behind ears. Commonly used to maintain a calm, even state throughout the day.*

Facial Mist for Oily Skin

Add to water in a spray bottle and mist lightly. Often used to support balance in oily or reactive skin.*

Post-Event Decompression

Diffuse after high-stimulation environments. Commonly used to help the system settle and return to baseline.*

CAUTIONS

- Safety Group 1: Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.
- Avoid UV rays for 12 hours after topical application.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

