



MEDIA RELEASE

Mandarins becoming a popular beauty ingredient

The Aussie grown mandarin has long been renowned as a healthy and delicious snack, however the popular citrus fruit is also now being recognised for its unique beauty benefits.

Australian mandarin skin, juice and pulp are the perfect ingredients to mix into homemade beauty remedies, with the fruit offering a variety of benefits that can rejuvenate the skin and help maintain a youthful appearance.

Owner of award winning day spa Milk Studios, Anthony Savva, said mandarins were once used in traditional Chinese medicines, with the fruit's strong antibacterial properties particularly beneficial to people with skin problems.

"Australian mandarins are an easily accessible fruit that can be mixed with products found in your fridge to make homemade beauty treatments, which are remarkably beneficial for the skin," Mr Savva said.

"The pulp of Aussie mandarins, when rubbed on the skin can help prevent or reduce stretch marks and help to tone loose skin.

"It's also well known that the fruit's aroma calms the mind and is perfect for mixing with massage oil for a do-it-yourself relaxing home massage," he said.

Chief Executive Officer of Citrus Australia, Judith Damiani, said it was wonderful to see the versatility of Australian mandarins being revealed to the Australian public.

"The history of mandarins dates back extensively and research shows the fruit was used for a variety of different purposes, all of which are accessible and beneficial to the consumer," Ms Damiani said.

"Australians are certainly fortunate to have such delicious fruit grown in their backyard and it's wonderful to see the mandarin's usage extending beyond original purposes."

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