

# Grapefruit

*Citrus paradisi* 15 mL

dōTERRA®

Product Information Page



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Peel

**Extraction Method:** Cold pressed

**Aromatic Description:** Citrus, floral, fruity

**Main Chemical Composition:** d-Limonene

**Grapefruit** | *Citrus paradisi* 15 mL

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## Primary Benefits

- + Has a bright, energizing aroma
- + Creates an uplifting environment
- + Helps improve the appearance of healthy skin
- + Provides a delicious, tart flavour to drinks and recipes
- + Effectively cleanses household surfaces

## Description

Known for its energizing and invigorating aroma, CPTG Certified Pure Tested Grade® Grapefruit essential oil creates an uplifting environment when diffused or applied topically. Grapefruit essential oil is also renowned for its cleansing properties and is frequently used in skincare to promote the appearance of clear, healthy-looking skin.

The bright, refreshing flavour of Grapefruit oil can also be added to water to encourage your hydration goals and makes a great addition to smoothies or your favourite acai bowl recipe.

## Uses

- + Add a drop to a glass of water for a crisp, sparkling taste.
- + Combine a drop with your shampoo for an added cleansing boost and increased shine.
- + Combine a drop with your nightly facial cleanser to improve the appearance of skin.
- + Mix with water in a spray bottle and use to clean commonly used surfaces.
- + Diffuse for a bright, motivating aroma.

## Directions

**Aromatic use:** Use three to four drops in the diffuser of choice.

**Internal use:** Dilute one drop in 120 mL of liquid.

**Topical use:** When used topically, dilute 1 drop with 5-10 drops of carrier oil to minimize skin sensitivity.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.