

Grapefruit

Citrus X paradisi 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade

Application: **A** **T** **I** **N**

Plant Part: Grapefruit rinds (peel)

Extraction Method: Cold pressed

Aromatic Description: Citrus, floral, fruity

Main Chemical Components: d-Limonene

Grapefruit

Citrus X paradisi 15 mL

Part Number: 30101813

Wholesale: \$16.96 CAD

Retail: \$22.61 CAD

PV: 16.96

PRODUCT DESCRIPTION

Similar to other citrus oils, Grapefruit is beneficial for its uplifting aroma. Grapefruit is also renowned for its cleansing properties and is frequently used in skin care to promote the appearance of healthy-looking skin.

USES

Cosmetic

- Add to shampoo for an added cleansing effect and increased shine.
- Add to nightly facial routine to improve the appearance of skin. (Avoid UV light.)
- Combine with Fractionated Coconut Oil and massage into skin for a soothing experience.

Food

- Use in favorite dessert recipes for a refreshing citrus flavor.
- Add two drops to four ounces of water when craving sweets.

Household

- Diffuse for a natural pick-me-up and focusing scent.
- Combine with water in a spray bottle and apply to surfaces for an added cleansing benefit.

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.



Ginger

Zingiber officinale 15 mL

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