

GRAPEFRUIT

Citrus X paradisi 15 mL

Stimulate

Aromatic description: Citrus, floral, fruity

Support and stimulate with invigorating Grapefruit.

Referred to as a 'forbidden fruit', Grapefruit originates from Barbados and is an accidental cross between the sweet orange and pomelo. It was first documented in 1750 by Welshman Rev. Griffith Hughes. These days Grapefruit is noted for its citrusy taste and rich source of antioxidants.

PRIMARY BENEFIT

A perky pick-me-up! After a long, hard day or a vigorous workout, diffuse Grapefruit Essential Oil to create an invigorating and energising environment.

SECONDARY BENEFIT

Fruity, floral and citrusy. Add a drop or two of Grapefruit Essential Oil to your water to give it an uplifting kick – a good tip for those who want to avoid unwanted snacking.

TERTIARY BENEFIT

Reviving and stimulating. Use Grapefruit Essential Oil as a muscle rub to help uplift and focus your mind.

PRODUCT DESCRIPTION

Referred to as a "forbidden fruit" and one of the "Seven Wonders of Barbados".

The name "grapefruit" is attributed to the fruits growing in clusters which resemble those of grapes.

Grapefruit is known for its energising, invigorating and uplifting aroma. Grapefruit is also renowned for its strong citrus and fruity flavour.

USES

- Try adding one to two drops as a replacement for lemon or lime in recipes.
- A great oil to diffuse before and during exercising.

PLANT PART:

Grapefruit rinds (peel)

EXTRACTION METHOD:

Cold pressed

KEY COMPOUND:

d-Limonene

DIRECTIONS FOR USE

DIFFUSION:

Use three to four drops in a diffuser of your choice.

FOOD FLAVOUR:

Dilute one drop in 120 mL of liquid.

TOPICAL USE:

Combine one to two drops with a teaspoon of carrier oil or facial moisturiser and apply to desired area.

See additional precautions below

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.

Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas. Application to skin may increase sensitivity to sunlight.



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