

Grapefruit

Citrus paradisi 15 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade

Application: A T I N

Plant Part: Grapefruit rinds (peel)

Extraction Method: Fruit cold pressed

Aromatic Description: Citrus, floral, fruity

Main Chemical Components: d-Limonene

Grapefruit

Citrus paradisi 15 mL

Part Number: 30101813

Wholesale: \$24.00 CAD

Retail: \$32.00 CAD

PV: 20



PRODUCT DESCRIPTION

Referred to as a “forbidden fruit” and one of the “Seven Wonders of Barbados,” Grapefruit was first documented in 1750 by Welshman Rev. Griffith Hughes. The name “grapefruit” is attributed to the fruits growing in clusters which resemble those of grapes. Known for its energizing and invigorating aroma, Grapefruit is beneficial for its uplifting aroma. Grapefruit is also renowned for its cleansing and purifying 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 affect 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

DIRECTIONS FOR USE

Diffusion: 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

Keep out of reach of children. Not for oral use. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. If accidental ingestion occurs, seek urgent medical attention or contact a Poison Control Center. Consult a healthcare practitioner prior to use if you have epilepsy or asthma, or if symptoms persist or worsen. If you are pregnant or breastfeeding do not use this product. Do not expose the applied areas to the sun for 24 to 48 hours after application. If you experience nausea, dizziness, headache or an allergic reaction, discontinue use. For occasional use only.