

Grapefruit

Citrus X paradisi 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



PRIMARY BENEFITS

- Delivers fragrant and exceptionally uplifting flavours to food and drink with its robust, citrus properties.
- Once known as a “forbidden fruit” and one of the “Seven Wonders of Barbados”
- Popular for its sour, tangy taste that works to compliment other citrus essential oils when combined.
- Refreshing citrus aroma is beneficial in invigorating the senses.

PRODUCT DESCRIPTION

The name “grapefruit” is attributed to the fruits growing in clusters which resemble those of grapes. Commonly known for its sour and tangy taste, grapefruit is the rotund, yellow-orange fruit of an evergreen citrus tree. Grapefruit essential oil is derived from the rind of this fruit and is cherished for its many uses and benefits as well for its refreshing aroma and robust flavour.

USES

- Grapefruit essential oil creates a fruity and spry flavour when added to drinks or food.
- To enliven the flavour of your smoothies, add one drop of Grapefruit essential oil to your favourite smoothie.

BRIGHT MORNING

The fruity and spry flavour of Grapefruit makes a great addition to a variety of different foods and drinks. To enliven your morning, add one to two drops of Grapefruit to your favourite smoothie or Acai Bowl! The bright flavour of Grapefruit is sure to prepare you for the day ahead!

DIRECTIONS FOR USE

For food flavouring.

CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. Keep out of eyes and mucosa. In case of skin contact, avoid sunlight and UV rays for at least 12 hours.

