

Grapefruit

Citrus X paradisi 15 ml

dōTERRA® | EUROPE

PRODUCT INFORMATION PAGE



Plant Part: Grapefruit rinds (peel)

Extraction Method: Cold pressed

Aromatic Description: Citrus, floral, fruity

Main Chemical Components: d-Limonene

PRIMARY BENEFITS

- Tangy, sour food flavouring for a variety of dishes
- Uplifts mood

Grapefruit

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Part Number: 60204666

Wholesale: £11.00 / 17.50 PV

13,50 € / 17 PV



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. 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. In addition to Grapefruit’s robust flavouring for a variety of dishes, Grapefruit is also renowned for its cleansing and purifying properties.

USES

- Add a drop to your water.
- To enliven the flavour of your smoothies, add one drop of Grapefruit essential oil to your favourite smoothie.
- Add to your teenager’s facial routine to improve the appearance of blemishes (avoid sun exposure).

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Food additive use: Dilute one drop in 125 ml of liquid.

Topical use: For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil.

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 up to 12 hours after applying.