

Grapefruit

Citrus X paradisi 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T I N

Plant Part: Grapefruit rinds (peel)

Extraction Method: Cold pressed

Aromatic Description: Citrus, floral, fruity

Main Chemical Components: d-Limonene

PRIMARY BENEFITS

- Helps clear skin blemishes
- Uplifts mood

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 helps uplift mood. Grapefruit is also renowned for its cleansing and purifying properties and is frequently used in skin care for its ability to promote the appearance of clear, healthy-looking skin.

USES

- Add to your teenager’s facial routine to help clear skin blemishes (avoid sun exposure).
- Diffuse while dieting to increase motivation.
- Add one to two drops to your water.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

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 for up to 12 hours after applying product.

