

Grapefruit

Citrus paradisi 15 ml

dōTERRA® | INDIA

Product Information Page



Application: A I N

Plant Part: Grapefruit rinds (peel)

Extraction Method: Cold pressed

Aromatic Description: Citrus, floral, fruity

Main Chemical Components: d-Limonene

Grapefruit | *Citrus paradisi* 15 ml

SKU: 60219519

Primary Benefits

- + Delivers fragrant and exceptionally uplifting flavors 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

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. Grapefruit is known for its energizing, invigorating and uplifting aroma. 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 flavor.

Uses

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

Directions for Use

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

For Use in Food: Dilute one drop in 120 ml of liquid.

Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas. In case of skin contact, avoid sunlight and UV rays for at least 12 hours.