

# GRAPEFRUIT

CITRUS X PARADISI 15 ML



## PRIMARY BENEFITS

- FLAVOURS FOOD OR DRINK.
- PROVIDES AN UPLIFTING AROMA.

## 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 energising, invigorating and uplifting aroma. Grapefruit is also renowned for its strong citrus and fruity flavour.

## USES

- Try adding 1-2 drops as a replacement for lemon or lime in recipes.
- A great oil to diffuse before and during exercising.

## DIRECTIONS FOR USE

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

Food flavour use: Add 1 or 2 drops to food.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. Avoid contact with eyes, inner ears, and sensitive areas. If you are pregnant, nursing, or under a doctor’s care, consult your physician. Application to skin may increase sensitivity to sunlight.

**PLANT PART:** Grapefruit rinds (peel)  
**EXTRACTION METHOD:** Cold pressed  
**AROMATIC DESCRIPTION:** Citrus, floral, fruity  
**MAIN CHEMICAL COMPONENTS:** d-Limonene

