

# GRAPEFRUIT

*Citrus X paradisi 15 mL*

*Citrus, floral, fruity*

*Aromatic description*

## PRIMARY BENEFITS

- A perky pick-me-up! After a long, hard day or a vigorous workout, diffuse Grapefruit essential oil to create an invigorating and energising environment.
- Fruity, floral and citrusy. Add a drop or two of Grapefruit essential oil to your water to give it an uplifting kick – a good tip for those who want to avoid unwanted snacking.
- Reviving and stimulating. Use Grapefruit essential oil as a muscle rub to help uplift and focus your mind.

## 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 one to two drops as a replacement for lemon or lime in recipes.
- A great oil to diffuse before and during exercising.

## DIRECTIONS FOR USE

**TOPICAL USE:** Combine one to two drops with a teaspoon of carrier oil or facial moisturiser and apply to desired area.

**DIFFUSION:** Use three to four drops in a diffuser of your choice.

**FOOD FLAVOUR USE:** Dilute one drop in 120 mL of liquid.

## CAUTIONS

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

**PLANT PART:** Grapefruit rinds (peel)

**EXTRACTION METHOD:**  
Cold pressed

**MAIN CHEMICAL COMPONENTS:**  
d-Limonene



Certified Pure Tested Grade

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