

Grapefruit

Citrus X paradisi 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I N

Plant Part: Peel

Extraction Method: Cold pressed

Aromatic Description: Citrus, floral, fruity

Main Chemical Components: d-limonene

Grapefruit | *Citrus X paradisi* 15 mL

30100001

Primary Benefits

- + Improves the appearance of blemishes
- + May support a healthy metabolism when used internally, due to its primary chemical constituent limonene, according to preclinical research*
- + Creates an uplifting environment

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, CPTG® Grapefruit essential oil helps create an uplifting environment when diffused or used topically. 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. Grapefruit, thanks to its high level of limonene, may support a healthy metabolism when used internally, based on preliminary research.*

Uses

- + Combine with carrier oil or lotion and rub on hands or feet for an invigorating massage.
- + Diffuse for a motivating, invigorating aroma.
- + Add to water to support a healthy metabolism.*

Directions

Aromatic use: Add 3-4 drops to the diffuser of your choice.

Internal use: Dilute 1 drop in 4 fluid ounces of liquid.

Topical use: Apply 1-2 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 and UV rays for at least 12 hours after applying product.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.