

GRAPEFRUIT ESSENTIAL OIL

Citrus Paradisi (also known as Grapefruit) is a subtropical citrus tree that grows to around 5-6 metres high and produces a sour to semi-sweet fruit. The essential oil is extracted from the fresh peel of the fruit by cold pressing. With its uplifting citrus aroma, grapefruit essential oil increases vitality and is purported to be beneficial for oily skin.

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| Botanical Name | <i>Citrus paradisi</i> |
| Plant Part | Fruit peel |
| Actions | Balancing, cleansing, refreshing, stimulating, uplifting |
| May Help | Vitality, clarity of thought, irritability, exhaustion |
| Fragrance Note | Top |
| Blends with | Citrus oils, Neroli, Lavender, Palmarosa, Geranium, Cypress, Cinnamon, Spice Oils |



Suggestions for use:

| ENERGISING BLEND | |
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| Grapefruit | 3 |
| Bergamot | 3 |
| Lime | 3 |
| Vaporiser or in 20mL carrier oil | |

| BEAUTIFUL MORNING BLEND | |
|-------------------------|---|
| Grapefruit | 6 |
| Peppermint | 4 |
| In Vaporiser | |

*Quantity shown refers to number of drops of essential oils

Cautions

May be slightly photosensitising; may irritate the skin if exposed to strong sunlight after treatment. Avoid use, in massage or bath, prior to sun or UV exposure.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.