



Grapefruit Essential Oil

DESCRIPTION: The “forbidden fruit” of Barbados. An energizing, invigorating aroma. Diffuse it to encourage and uplift the mind.

TOP AROMATHERAPY BENEFITS: uplift • energize • invigorate

AROMA: Citrusy & Crisp

BLENDS WITH: Bergamot, Lavender, Peppermint

INGREDIENTS: Citrus paradisi (grapefruit) peel oil

COLLECTION METHOD: Cold Pressed

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor’s care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 12 hours after applying product.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for an energizing and uplifting aromatherapy experience.

Air Freshener

Add a few drops to a spray bottle, shake well and use as an air freshener.

Natural Pick-Me-Up

Diffuse or dilute and use topically when experiencing mental fatigue or needing a boost.

Shampoo Boost

Add a few drops to small amount of your shampoo to add volume and shine to hair.

Sugar Scrub

Combine 10-15 drops essential oil with 1/2 cup coconut oil and 1/2 cup sugar for an invigorating DIY sugar scrub for glowing skin.

Bath Salts

Combine 15-20 drops essential oil with 2 tablespoons coconut oil and 2 cups Epsom salt for energized skin.

Surface Cleaner

To a spray bottle add 15 drops of grapefruit oil, 1 cup distilled water, and 1/4 cup white vinegar. Shake well.

Daily Shower Spray

To a spray bottle add 1 cup of water, 1 tablespoon liquid Castille soap, 5 drops grapefruit oil and 5 drops peppermint oil. Use after showering on tile and glass.

Pre-Workout Boost

Add 1-2 drops to carrier oil and use before a workout.

Encourage Relaxation

Dilute and apply to pulse points to encourage relaxation when experiencing PMS symptoms, head tension and stress.

Healthy Eating Habits

Combine with patchouli and a carrier oil and apply to pulse points when trying to avoid sugar and overeating.

Use Post Drinking

Combine with a carrier oil and apply to wrists when recovering from a hangover.

DIY AROMATHERAPY BLENDS:

Citrus Sage: Grapefruit + Bergamot + Clary Sage

Curb Cravings: Grapefruit + Cinnamon + Ginger + Peppermint

Elevate Mood: Grapefruit + Bergamot

Energize: Grapefruit + Lemon + Orange

Fruity: Grapefruit + Bergamot + Lemongrass

Invigorate: Grapefruit + Peppermint

Pre-Workout: Grapefruit + Lemon + Peppermint

Refreshing: Grapefruit + Eucalyptus

Revitalize: Grapefruit + Clary Sage + Lemon

Young and Fresh: Grapefruit + Canadian Fir + Citrus Boost

Dilution Ratio: Best practices state that one ½ tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential oil. 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.