



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: Lavender, Peppermint, Ylang Ylang

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 filled with distilled water, shake well and spritz.

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.

Healthy Habits

Combine with patchouli and a carrier oil and apply to pulse points for encouragement when trying to eat healthy.

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

Refresh: Grapefruit + Eucalyptus

Revitalize: Grapefruit + Clary Sage + Lemon

Young and Fresh: Grapefruit + Canadian Fir + Citrus Boost

Usage: Use 3-5 drops per 100 mL of water with a diffuser. Dilute up to 4 drops per 1 teaspoon of carrier oil to use topically.

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.