

Grapefruit Essential Oil

(*Citrus Paradisi MacLayden*)

INGREDIENTS: 100% pure, premium-grade, organic, EOBBD guaranteed oil from the USA.

GRAPEFRUIT oil is cold-pressed from the rind of the ripe grapefruit. It has a sweet, citrus aroma and is considered uplifting and refreshing. Like lemon it is cooling, cleansing, and decongestive.

HISTORY: Native to tropical Asia and the West Indies, Grapefruit is now cultivated in California, Florida, Brazil, and Israel. The essential oil is mainly produced in California. The grapefruit was known as the Shaddock or Shattuck until the 1800s. Its current name of grapefruit refers to clusters of the fruit on the tree which often appear similar to grapes. In the 1830s the grapefruit was distinguished from the pomelo when it was given the botanical name *Citrus Paradisi* which means “fruit of paradise.” The grapefruit tree is a cross between a sweet orange tree and a pomelo tree. It has long been admired for its use in weight loss.

BLENDS WELL WITH: Basil, Bergamot, Cedarwood, Chamomile (both), Cypress, Frankincense, Geranium, Juniper, Lavender, Lemon, Palmarosa, Peppermint, Rosemary, Rosewood, Ylang ylang, and Spice oils.

GRAPEFRUIT CAN BE USED TO ASSIST WITH:

CARDIOVASCULAR, LYMPHATIC: •Strengthens and cleanses lymphatic system

•Stimulates circulatory and lymphatic systems •Promotes removal of toxins from the body

CIRCULATION, MUSCLES, JOINTS: •Detoxifying •Rheumatism •Stiff, sore muscles

•Cramps •Arthritis •Reduces blood pressure by keeping the heart healthy

DIGESTIVE SYSTEM: •Fat dissolving •Aids peristalsis •Stimulates excretion of gastric juices and bile in the stomach •Mouth infections •Strengthens and supports entire digestive system •Overheated liver

EMOTIONAL: •Eating disorders •Refreshing •Cheering •Energizing •Depression •Relieves anxiety and stress •Reduces appetite •Helps release negative emotions

GENITO-URINARY SYSTEM: •Diuretic •Renal calcification •Stimulates excretory system

•Cleanses kidneys •Clears uric deposits

IMMUNE SYSTEM: •Antiseptic •Tetanus •Antimicrobial •Antioxidant •Protects against new infections and eliminates old infections •Antiviral

NERVOUS SYSTEM: •Stimulates both left and right brain activity •Stimulates and promotes proper secretion of hormones and enzymes •Stimulates the nervous system to help increase alertness •Jet lag •Fatigue •Headaches

SKIN CARE: •Oily skin •Cellulite •Stretch marks •Astringent •Acne •Oily skin •Bruises
•Cuts •Toner

OTHER: •Increases metabolism •High in Vitamin C •Fights free radicals •Protects from harm done by oxidization •Aids in drug withdrawal •Promotes hair growth

SPECIAL: •A complete body tonic

TIPS FOR MAKING GRAPEFRUIT A PART OF YOUR LIFE

- Grapefruit oil helps control the craving for sweets. Add a drop to your water or diffuse (or just open the bottle and inhale) to help get you past your cravings.
- Blend Grapefruit, Orange (sweet), and Lemon together (in a 1:1:1 ratio) to create a blend that is uplifting to the mind and mental state and helps curb cravings for food.
- Blend the following and diffuse to help you leave the past in the past. 18 drops Grapefruit essential oil, 1 drop Bergamot essential oil, 1 drop Rose essential oil.
- Excellent for diffusing! Helps lift moods, brighten a home, and cleanse and disinfect all at the same time.

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- Rub onto areas with cellulite challenges either in a carrier oil or by itself to help dissolve fat.
- Marvelous to use as you prepare for a workout, it will lift your spirits, increase your energy, help your circulation and make your workout more effective.

Frequently Asked Questions	Yes	No
Can it be diffused?	X	
Can it be used straight (without a carrier oil)?	X	
Can it be used while pregnant?	X	
Can it be used on children? Diluted 75% for child under 2, 50% for child 2-3 years old.	X	
Can it be taken internally (Is it GRAS [Generally Regarded as Safe])?	X	
Can it be used in the bath?	X	
Can it be used if you are prone to seizures?	X	
Can it be used if you have High Blood Pressure?	X	
Can it be used if you're going out in the sun?		X
All oils can cause skin sensitivity if used often in the same place. If you are worried about skin sensitivity try one of the two: 1) apply with a carrier oil 2) apply to the bottoms of your feet until you are sure of how your body will react. It's always a good idea to rotate with another oil with similar properties.		

RESPONSIBLE CAUTIONS: For topical and aromatic purposes only. Keep out of reach of children and away from eyes. Store at room temperature and avoid sunlight. Do not use if you are pregnant. *Do NOT apply undiluted on skin that will be exposed directly or indirectly to sunlight within 72 hours. Citrus oils have 2-3 year shelf life.

SUCCESS STORIES:

I body brushed with Grapefruit oil before showering the other day—wow! I came out ready to conquer the world, I was refreshed, energized, and ready for my day! --Penny S.

To order, for class information, or if you have questions contact:

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