

## Organic Grapefruit- *Citrus paradisi*

**Code:** OR008                      **Vol:** 10ML

**Country of Origin:** Israel

### About the oil

**Distilled From:** Cold expression of the peel of the fruit.

**Aroma & appearance:** Fresh, sweet, clean citrus scent. Yellow- greenish color.

#### Some beneficial ways of enjoying the oil:

- Grapefruit has a wonderful, uplifting aroma like many of the citrus oils and is cleansing and refreshing! If in need of a pick-me-up first thing in the morning, try adding 3 drops of Grapefruit, 2 drops of Rosemary and 1 drop of Bergamot, blended in a teaspoon of Sweet Almond oil, to a bath. Alternatively stir the same essential oils into a dose of unfragranced shower gel.
- To improve the appearance of cellulite, blend 3 drops of Grapefruit and 3 drops of Juniperberry with 15ml of Sesame Oil and massage the area vigorously. Try to work in the direction of the heart.
- In a burner or diffuser, Grapefruit blends well with the other citrus oils and herbs (Rosemary, Clary Sage, Lavender, etc).

The main origins for Grapefruit are Italy, Israel and USA, though now South Africa is coming strongly into the market. This excellent Israeli product has a clean, fresh odor.

#### Did you know?

Often used to fragrance soaps, detergents and perfumes.

#### Key Search words:

Invigorating, stimulating, antiviral, lymphatic stimulant, skin toner, diuretic, detoxifies, euphoric

#### Safety Data

Photosensitive should not be used in sunlight.

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