



# Grapefruit

## *Citrus Paradisi Essential Oil*

This refreshing oil has a wonderfully uplifting and invigorating aroma, which promotes an uplifting environment, while also acting as a purifying agent when added to your skin care regimen.

Size: 15ml

Size: 5ml

### APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

### Primary Benefits

Aids in improving the appearance of blemishes, aids in improving appearance of cellulite, aids in healthy metabolism, uplifts mood.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Internal use:** Dilute one drop in 4 fl. oz. of liquid

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Citrus, refreshing, sharp, floral

### Collection Method

Cold pressed

### Plant Part

Grapefruit rinds (peel)

### Main Constituents

a-pinene, sabinene, myrcene, d-Limonene

### Description

Because of its uplifting and energizing aroma, Grapefruit promotes a happy environment and uplifts mood, while also protecting against cold and flu. Grapefruit is commonly used in skin care for its ability to aid in the appearance of clear, healthy, glowing skin due to its cleansing and purifying benefits. Grapefruit can also aid in supporting a healthy metabolism, and is great for treating cellulite.

### Uses

- Diffuse for depression, headaches, mental exhaustion and over indulgence
- Add to your facial regimen to improve the appearance of blemishes
- Add to Spark Naturals Carrier Oil to assist with cellulite, muscle fatigue, and mental and physical tiredness
- Diffuse while dieting or trying to lose weight to increase motivation
- Add one to two drops to your water to aid in metabolism

### Properties

Antidepressant, Antiseptic, Disinfectant, Diuretic and Stimulant

*\*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.*



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