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.

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

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

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.*