

Grapefruit Inhaler Recipes

#1. Funshine

7 drops Grapefruit (*Citrus paradisi*)
5 drops Orange (*Citrus sinensis*)
2 drop Peppermint (*Mentha piperita*)

#2 Get Moving

5 drops Grapefruit (*Citrus paradisi*)
5 drops Basil (*Ocimum basilicum*)
4 drops Peppermint (*Mentha piperita*)

#3 Wake Me Up

6 drops Grapefruit (*Citrus paradisi*)
6 drops Lime (*Citrus aurantifolia*)
2 drops Eucalyptus (*Eucalyptus radiata*)

#4 Blissful

5 drops Grapefruit (*Citrus paradisi*)
5 drops Cypress (*Cupressus sempervirens*)
4 drops Frankincense (*Boswellia carterii*)

#5 Energetic

6 drops Grapefruit (*Citrus paradisi*)
4 drops Peppermint (*Mentha piperita*)
4 drops Rosemary (*Rosmarinus officinalis*)

#6 Lake Retreat

6 drops Grapefruit (*Citrus paradisi*)
6 drops Lavender (*Lavandula angustifolia*)
3 drops Cedarwood (*Juniperus virginiana*)

#7 Uplift

5 drops Grapefruit (*Citrus paradisi*)
5 drops Bergamot (*Citrus bergamia*)
4 drops Lemon (*Citrus limon*)

#8 Love Spell

8 drops Grapefruit (*Citrus paradisi*)
5 drops Cinnamon (*Cinnamomum zeylanicum*)
2 drops Cedarwood (*Juniperus virginiana*)

#9 Fruity Pebbles

5 drops Grapefruit (*Citrus paradisi*)
5 drops Lemongrass (*Cymbopogon citratus*)
5 drops Bergamot (*Citrus bergamia*)

#10 Bubble Gum

8 drops Grapefruit (*Citrus paradisi*)
4 drops Ylang Ylang (*Cananga odorata*)
2 drops Eucalyptus (*Eucalyptus radiata*)

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