



Ice E Oil Essential Oil Data Sheet

Pink Grapefruit Ice E Oil Pure Essential Oil

Common Name: Pink Grapefruit

Latin Name: *Citrus paradisi*

Other names: Grapefruit, shaddock (oil)

Family: Rutaceae

Source: The outer part of the ripe or almost ripe peel of the fruit is cold expressed and distilled to obtain the essential oil.

Description: Pink Grapefruit essential oil has a sweet, fruity, citrusy and fresh aroma.

Extraction Method: Pink Grapefruit essential oil is obtained by cold expression – a process that involves prodding and pricking the rind. The punctured rind releases the essential oil that is collected and separated from the fruit juice by centrifugal force. Oil collected this way has a higher quality aroma than that of the distilled variety, but is also phototoxic.

Country of origin: USA

History: The grapefruit is a subtropical citrus tree known for its sour to semi-sweet fruit, an 18th-century hybrid first bred in Barbados. The leaves of this evergreen tree are long and thin. One story of the fruit's origins is that a Captain Shaddock brought pomelo seeds to Jamaica and bred the first fruit. However, it more likely that it originated as a naturally occurring hybrid. The hybrid fruit, historically called "the forbidden fruit", was first documented in 1750 by a Welshman, Rev. Griffith Hughes in a book called *The Natural History of Barbados*. China is the top producer of grapefruit followed by The United States and Mexico.

Constituents: limonene, cadinene, paradisiol, neral, geraniol citronellal, sinensal, and others

Types of Use: aromatic, home use, topical with caution, as a supplement only with advice from a healthcare professional

Uses: Pink grapefruit oil may be used in aromatherapy. Use for stress headaches, nervous exhaustion, performance stress, and for a mood enhancer. To purify the air, diffuse 20 drops. Mix 10 drops in 8 ounces of water, shake and spray to disinfect surfaces.

Dilution Guidelines: For aromatic use, add 5-10 drops of oil per one cup of water. If using topically, avoid exposure to direct sunlight for 12 hours after applying the oil on skin. People with dry or sensitive skin may require additional carrier oil when using orange topically. For internal use, consult a certified naturopathic physician. For household/environmental purposes, dilution varies based on intended purpose.

Warnings: Grapefruit essential oil is phototoxic. If you are using it on your skin, you should be careful to avoid exposure to the sun for at least 12 hours. The combination of sunlight and the active chemicals in the lemon oil will cause rashes and blisters. Grapefruit also can have a number of interactions with drugs when taken orally, often increasing the effective potency of compounds. Consuming large amounts of grapefruit might increase hormone levels and therefore increase the risk of hormone sensitive conditions. Women with hormone sensitive conditions should avoid grapefruit. Grapefruit has major interactions with numerous prescription medications. Check with your doctor before using grapefruit essential oil to be sure it won't interact with any medications you are taking.

Phototoxicity warning: Yes

Shelf Life and Storage Recommendations: Store oils in a cool, dark place and avoid extreme changes in temperature to ensure the longest life for your collection. Cold pressed citrus oils have a high proportion of chemical components that are more prone to oxidization. Take care to store them safely away from heat. You can expect citrus oils to remain in good condition for a year and even longer when cared for properly. Decant large bottles into two smaller bottles to protect one bottle from oxidization for longer periods. Due to their chemical makeup, essential oils do not turn rancid like vegetable oils; they simply degrade gradually into a state where the therapeutic properties become diminished.

NOT intended to diagnose, treat, cure, and/or prevent any disease or medical disorder. For educational purposes only. NOT intended for internal use. If considering oral consumption seek out the advice of a qualified medical doctor and/or expert, certified aroma therapist. As with all natural supplements it is advised that you inform your medical doctor of the use of this and all essential oils. If going to apply directly to the skin (topical use) it is advised that you perform a small skin patch test to check for sensitivities and refer to suggested dilution guidelines using a carrier oil (ex: fractionated coconut oil, almond oil, jojoba oil, grape seed oil). Keep away from children and pets. This information has NOT been evaluated by Health Canada.

Ice N Fire is dedicated to sourcing 100% pure and natural oils free of pesticides, synthetic fertilizers and herbicide residue.