



Essential Oil Facts & Uses



Grapefruit

Botanical Name (AA website)	Citrus x paradisi
Botanical Family (thisserand)	Rutaceae
Place of origin (AA website)	United States of America
Method of Extraction (AA website)	Expressed
Source (AA website)	Peels
Note (AA website)	Top
Blends well with (AA website)	Lemon, palmarosa, bergamot, neroli, rosemary, cypress, lavender, geranium, cardamon, other spice oils
Chemical Components (AA GC reports)	<ul style="list-style-type: none"> • 94.8% limonene (monoterpene) • 1.4% beta myrcene (monoterpene) • 0.4% alpha pinene (monoterpene)
Chemical effects	<ul style="list-style-type: none"> • Antiseptic (monoterpene) • Stimulant (monoterpene) • Skin irritant (monoterpene) • Anti-depressant (monoterpene)
Uses	<ul style="list-style-type: none"> • Lymphatic system (decongestant) • Detoxifies • Aids digestive issues • Skin care (astringent, cleansing) • Mood – uplifting, energizing, relieves tension and irritability • Clears mental congestion/relieves mental fatigue
Safety (AA website and thisserman book)	<ul style="list-style-type: none"> • For external use only, DO NOT use internally • DO NOT use with children without first consulting an appropriately trained healthcare practitioner. • DO NOT use during pregnancy or when nursing. • May be toxic to pets if not used properly. See https://www.petpoisonhelpline.com/pet-safety-tips/essential-oils-dogs/ • https://www.petpoisonhelpline.com/blog/essential-oils-cats/ • DO NOT applied undiluted to skin. • AVOID contact with eyes. • Grapefruit essential oil is phototoxic. DO NOT apply to skin for 12 hours prior to exposure to sun.

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USES

Weight Loss

Grapefruit oil **reduces cravings** which when combined with diet and exercise, can be a great weight loss tool. Grapefruit also stimulates your **lymphatic system** which plays a role in **detoxification**.

Application:

1. Diffuse 3-5 drops of grapefruit essential oil in your environment using an essential oil diffuser.
2. Add 5-10 drops to a nasal inhaler. Open inhaler and inhale 1-3 deep breaths. Use as needed.

Stress Reduction

Grapefruit oil has **anti-depressant properties**. It is both **relaxing** and **uplifting**. It **relieves tension**.

Application:

1. Diffuse 3-5 drops of grapefruit essential oil in your environment using an essential oil diffuser.
2. Add 5-10 drops to a nasal inhaler. Open inhaler and inhale 1-3 deep breaths. Use as needed.

Respiratory

Grapefruit is used for respiratory conditions such as colds and flus. It works as a decongestant and has antibacterial properties.

Application:

1. Diffuse 3-5 drops of grapefruit essential oil in your environment using an essential oil diffuser.
2. Add 5-10 drops to a nasal inhaler. Open inhaler and inhale 1-3 deep breaths. Use as needed.

Digestive Aid

Grapefruit stimulates the secretion of bile which assists in digestion.

Application:

1. Add 3 drops of grapefruit essential oil to 1 tablespoon (15ml) of carrier oil and rub on abdomen.

Mental Focus/Stimulation

Grapefruit can relieve **mental fatigue**. It is a natural **energizer** and **mood booster**.

Application:

1. Diffuse 3-5 drops of grapefruit essential oil in your environment using an essential oil diffuser.

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2. Add 5-10 drops to a nasal inhaler. Open inhaler and inhale 1-3 deep breaths. Use as needed.
3. Rub 1-2 drops of grapefruit massage oil (see recipe below) and dab on wrists.

Fluid Retention and Improved Circulation

Grapefruit is a natural decongestant. It helps with fluid retention and improved circulation.

Application:

1. Rub massage oil (see recipe below) onto affected areas.

Skin Care

As a natural decongestant, grapefruit is commonly used for **cellulite**. Due to its antibacterial properties, it is also helpful in treating **acne**. Grapefruit should never be applied to the skin undiluted. Please note that grapefruit is **phototoxic**. Skin should not be exposed to the sun for 12 hours after diluted grapefruit oil has been applied.

Application:

1. For cellulite: rub massage oil (see recipe below) onto affected areas.

RECIPES

Grapefruit Massage Oil

Ingredients:

- 15ml of carrier oil of choice (jojoba, grapeseed, fractionated coconut oil etc.)
- 3 drops of grapefruit essential oil

Directions:

1. Blend carrier oil and essential oils together.
2. Massage on affected areas.