



## GRAPEFRUIT Pink Essential Oil (Canada)



**Botanical Name:** *Citrus racemosa*

**Plant Part:** Peel

**Extraction Method:** Cold Pressed

**Origin:** Canada

**Child Safe:** Yes

**Description / Color / Consistency:** A thin, Pale yellow to reddish orange liquid.

**Aromatic Summary / Note / Strength of Aroma:** A middle note with a medium aroma, Grapefruit Pink has a fresh, sweet citrus smell that is very characteristic of the fruit.

**Product Abstract:** The grapefruit tree was originally from Asia but it is now grown and harvested in the United States, France, Brazil and Israel. The grapefruit tree itself is a large tree about 10 meters (30 feet) tall, with glossy leaves, white flowers and large, pale yellow fruits with pink flesh. The differences between the White and Pink Grapefruits are minor, but more Pink Grapefruit is produced because it is sweeter. The difference in cost is simply from supply and demand.

### ENERGETICS

- In Chinese medicine, Grapefruit is cooling, decongesting, and beneficial for an overheated liver and sluggish lymphatic system.

### SUBTLE AROMATHERAPY

- On psychological and emotional levels, grapefruit is noted to assist in cases of depression where one may tend to overindulge in food or chemicals to pacify their pain. The oil may clear the psychological 'heat' and congestion that result from self-criticism and blame, promoting a lightness of spirit. Grapefruit is refreshing, cheering, slightly euphoria-inducing and slightly energizing. Its sweet and familiar aroma can evoke warm feelings that melt sour dispositions.

### Therapeutic Properties

**Analgesic:** The main component, d-limonene, has antinociceptive action (inhibits the sensation of pain) (Hirota et al. 2010).

**Anti-inflammatory:** d-Limonene has anti-inflammatory actions via inhibition of 5-LOX (Baylac and Racine 2003). Hirota et al. (2010) suggested that isolated d-limonene (from Yuzu peel) had anti-inflammatory action.



**Antibacterial:** Lang and Buchbauer (2012) suggested that limonene is significant in essential oils with antibacterial actions. Franchomme and Péroël (1990) suggest that the oil is a good airborne antimicrobial.

**Antidepressant:** Grapefruit is well regarded for its uplifting effects on the mind and emotions. Some components, such as d-limonene, have stress-reducing actions (Fukumoto et al. 2007)

**Antioxidant:** Hirota et al. (2010) and Singh et al. (2010) noted that d-limonene has a 'potent' antioxidant effect.

**Antiviral:** Although there is no research to support that Grapefruit oil is antiviral, many Aromatherapists feel citrus oils high in d-limonene can assist with overcoming a virus. This might be due to the ability of d-limonene to activate white blood cells and fight infection.

**Astringent:** Grapefruit essential oil is frequently recommended for use in skin care blends for its toning (contracting and tightening) effects.

**Cooling:** Grapefruit essential oil is reported to have a cooling effect when applied to the skin.

**Diuretic:** Grapefruit is frequently cited as being useful for combatting fluid retention.

**Immunostimulant:** With its antibacterial and antioxidant actions, and gently activating, tonic effects on the mind and body, Grapefruit essential oil can be used to help support the immune system and promote well-being.

**Liver support/protector:** d-Limonene and Grapefruit essential oil can increase the synthesis rate of glutathione S-transferase in the liver. This is an important enzyme in detoxification pathways (Tisserand and Young 2014). Bodake et al. (2002) and Ozbek et al. (2003) noted that d-limonene had hepatoprotective action.

**Cautions:** This Essential Oil has photo toxic properties and exposure to the sun must be avoided after application to the skin. Due to their presence, please consult a physician prior to using this oil. Dilute well before use; May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

**\*\*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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