

# Grapefruit, pink

## *Citrus paradisi*

**Therapeutic Properties:** *Antiseptic, antitoxic, astringent, bactericidal, diuretic, depurative, stimulant (lymphatic, digestive), tonic.*

Pink Grapefruit Essential Oil has anti-depressive properties and an incredible fragrance that makes it a good choice to add to a perfume blend. It is uplifting as a diffuser oil and blends well with citrus, floral, and especially with Sandalwood Essential Oils.

Pink Grapefruit is a very refreshing oil helpful in combatting depression and fatigue. It is cooling, cleansing, decongesting, and can be beneficial for the liver and a sluggish lymph system. Further, the pleasing aroma has laboratory-confirmed appetite reducing effects. Adding a drop of Pink Grapefruit to drinking water gives a refreshing zing that also has wonderful cleansing properties.

Like many of the citrus oils, Pink Grapefruit, has a unique "fat dissolving" characteristic. Pink Grapefruit is famous for reducing cellulite and is found in goDésana Organics' Cell-U-Lite Blend, or it can be used individually with a favorite carrier oil.

## aromatherapy & home uses

**Circulation, Muscles, and Joints:** Cellulitis, exercise preparation, muscle fatigue, obesity, stiffness, water retention.

**Immune System:** Chills, colds, flu.

**Nervous System:** Depression, headaches, nervous exhaustion, performance stress.

**Skin Care:** Acne, congested and oily skin, promotes hair growth, tones the skin and tissues.

## suggested usage (10 years & up)

### BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist and help support your body in easing cellulite and water retention. Also helpful to lift the spirit and revive the body.

### COMPRESS

- Mix 2-4 drops of Pink Grapefruit Essential Oil in 1 pint of hot or cold water; soak a towel in water and apply on desired location. Cover the area with a dry towel and heating pad or ice pack.

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser to assist with mood elevation, lethargy, and appetite reduction.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

### INTERNAL

- Pink Grapefruit is a mild diuretic and is helpful in cases of congestion to eliminate excess fluids and it helps to break down fat, particularly cellulite. You can add 1 drop to your water bottle and drink for its decongesting properties; helpful to the liver and lymphatic system. Using 2 drops in bottled water may also support a weight loss program for cellulite, weight gain, or obesity.

### TOPICAL

- Add 5 drops of Pink Grapefruit and 5 drops of Lemon to 2 ounces of Grape Seed Oil. Apply as a cleanser for oily and acne prone skin.

**Caution:** Lemon in particular, and Pink Grapefruit to a lesser extent, are phototoxic; do not apply before exposing your skin to the sun as it may cause burning. Keep the area covered.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Exposure to strong sunlight or UV light within 24 hours of topical application may result in skin irritation or pigmentation.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

**Producing Organ:** *Rind*  
**Extraction:** *Cold Expression*  
**Country of Origin:** *USA*

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in 10 ml carrier oil*
- 5 to 10 years - *6 drops in 10 ml carrier oil*
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 5 to 10 years - *6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality*
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 10ml Bottle



### QUALITY ASSURANCE

All oils from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

### DISCLAIMER

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.