

# Pink Grapefruit

**citrus paradisi** 10ml

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, florals, and especially with Sandalwood essential oil.\*

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 can be used with a favorite carrier oil.\*

## uses

### aromatic

- **Diffusion:** Diffuse 10 to 15 drops in 5 minute intervals throughout the day to assist with mood elevation, lethargy, and appetite reduction.\*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as desired.\*
- **Misting:** Mix 15 to 20 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well and spray for a refreshing aroma.\*

### bath

- **Bath:** Add 10 to 15 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water to assist the body in easing cellulite and water retention. Also helpful to lift the spirit and revive the body.\*

### internal

- **Water:** Add 1 drop to water in a glass, stainless steel, or PET plastic bottle and drink for its decongesting properties; helpful to the liver and lymphatic system. Using 2 drops in bottled water may also support a healthy metabolism.\*

### topical

- **Facial Cleanser:** Add 5 drops of Pink Grapefruit and 5 drops of Lemon to 2 ounces of Grapeseed Oil. Apply as a cleanser for oily and acne prone skin.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).\*
  - **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.\*
  - **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.\*
  - **Pregnancy:** Safe when used as directed starting in the 2<sup>nd</sup> trimester at 3% dilution (15 drops/1 ounce).\*

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Product Information Page



## application methods

Aromatic • Bath • Internal • Topical

## safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.

## properties

*Wildcrafted*

**Producing Organ:** Rind

**Extraction:** Cold Expression

**Country of Origin:** USA

**Main Chemical Constituents:** Limonene, cadinene, paradisiol

**Therapeutic Properties:** Antiseptic, antitoxic, astringent, bactericidal, diuretic, depurative, stimulant (lymphatic, digestive), tonic [Julia Lawless, "The Illustrated Encyclopedia of Essential Oils" (Rockport, MA: Element Books, 1995), 123.]

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing, non-phototoxic. It has a short shelf life – it oxidizes quickly.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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