



Aromaprofiles

Citrus Paradisi - Grapefruit

Grapefruit essential oil, transforms negative self-image or perceptions into positive healthy thought processes. It has the ability to infuse the extra breath needed to reach the finish line – changing dreams into reality. Grapefruit essential oil elevates the spirits and renews the mind.

There are two types of Grapefruit essential oil pink and white. While they both have many of the same qualities, Pink has that extra... *je ne sais quoi* that makes it my first choice. I strongly suggest that you try both and see which you like better. And remember Grapefruits sole purpose is to bring **zest** into your life and help you fine tune your inner rhythm.

Family Name: Rutaceae

Latin botanical name: Citrus Paradisi

Common Name: Grapefruit

Obtained: Peel

Method of extraction: Expression

Aroma: Sweet, fresh, citrus, sharp

Personality: Grapefruit essential oil dispels feelings of self-consciousness, uselessness and unworthiness, by promoting and encouraging positive feelings of self-worth. Grapefruit can empower you to make positive choices in your life that reflect your true self-expression.

Properties & Abilities: anti-depressant, anti-septic, aperitif, diuretic, disinfectant, resolvent, stimulant, tonic.

Application: Lack of appetite, low immune system, obesity, sluggish gall bladder, depression, moods swings, jet lag, fatigue, water retention, reduce swelling and boils.

Contra Indication: Photo-toxic – can increase sensitivity to sunlight. Undiluted essential oil can cause irritation to skin. Do not use on newborn infants. Do not ingest if accidental ingestion take place contact a physician immediately. Keep away from children. Keep away from eyes. Consult a certified aromatherapist.

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