

PRODUCT SUMMARY

We cold press Grapefruit essential oil from the peels of the fresh fruit for a citrusy oil with the bright aroma of a grapefruit orchard. It's this sweet, invigorating scent that associates the essential oil with feelings of joy, satisfaction, and playfulness.

Not only is Grapefruit a wonderful essential oil to diffuse, but it's also a great addition to DIY skin care products. Combine it in a salt body scrub with other skin-toning essential oils—such as Lemon and Juniper—for a home spa experience that gives your skin a smooth-looking glow.

KEY INGREDIENTS

Grapefruit essential oil

EXPERIENCE

Grapefruit has a fresh, invigorating aroma that encourages feelings of joy, satisfaction, and playfulness. Instantly brighten your kitchen, living room, or office by diffusing its citrus scent, or apply it topically for smoother-looking skin.

PRODUCT BACKGROUND

A hybrid of the pomelo (*Citrus maxima*) and the sweet orange (*Citrus sinensis*), grapefruit is more than just a part of your breakfast! The fruit likely originated from Jamaica and was first popularized for consumption in the West Indies before spreading to America and throughout citrus-growing areas. It's now produced in locations throughout the world, including the United States, South Africa, Brazil, and Israel.

The grapefruit tree can grow to be quite large, reaching up to 20 feet tall. It has dense foliage, and the grape-like clusters of the fruit are the source of the plant's name.



Aromatic



Topical



Dilute



Photosensitivity

BENEFITS & FEATURES

- Has a fresh, sweet, invigorating aroma
- Is uplifting and energizing
- Has skin-cleansing properties
- Is a great addition to DIY house cleaners
- Includes the key constituents sabinene, limonene, and nootkatone

SUGGESTED USE

- Bring an invigorating aroma into your home by diffusing Grapefruit in the morning.
- Create a refreshing room spritzer by mixing Grapefruit, Peppermint, Orange, Lemon, Bergamot, and distilled water in a glass spray bottle.
- Combine a few drops with a carrier oil such as V-6™ Vegetable Oil Complex and use it for an uplifting massage.
- Use it as part of your skin care regimen in lotions, toners, and cleansers for clean, healthy-looking skin. Keep in mind that Grapefruit is a photosensitive oil. Avoid direct sunlight or UV rays for up to 12 hours after topical application.

GRAPEFRUIT



DIRECTIONS

Topical: Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil and apply to desired area as needed.

Aromatic: Diffuse up to 1 hour 3 times daily.

CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. Avoid direct sunlight or UV rays for up to 12 hours after applying this product.

INGREDIENTS

Citrus paradisi (Grapefruit)[†] rind oil

[†]Pure essential oil

ALSO AVAILABLE IN

Grapefruit Vitality™ Essential Oil (Item No. 5624)

FREQUENTLY ASKED QUESTIONS

Q. Can Grapefruit be ingested?

A. Grapefruit is labeled for topical and aromatic use and is not intended for internal consumption. Be sure to always follow individual label instructions for Young Living products. If you'd like an essential oil intended for internal consumption, try Grapefruit Vitality.

Q. Does Grapefruit need to be diluted for topical application?

A. Yes, dilute 1 drop Grapefruit with 1 drop V-6 Vegetable Oil Complex or olive oil and apply to desired area as needed.

Q. Is there a UV warning associated with Grapefruit?

A. Yes, Grapefruit can cause reactions due to photosensitivity. Avoid direct sunlight or UV rays for up to 12 hours after applying.

COMPLEMENTARY PRODUCTS

Desert Mist™
Ultrasonic Diffuser
Item No. 21558



Joy™ Essential Oil Blend
Item No. 3372



Stress Away™ Essential
Oil Blend
Item No. 4630



Bergamot
Essential Oil
Item No. 3503

