

PINK GRAPEFRUIT

citrus paradisi

10ml

*HB*Naturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Internal • Topical

properties

Wildcrafted

Producing Organ: Rind

Extraction: Cold Expression

Country of Origin: USA

Safety Group: #2

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.]

uses

- Add 10-15 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.*
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser to assist with mood elevation, lethargy, and appetite reduction.*
- 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 healthy metabolism.*
- 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.*
- Apply 10-15 drops on the absorbent inner core of a nasal inhaler, cap the bottom, and inhale as needed.*

product summary

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.*

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.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.