

GRAPEFRUIT



Plant/Part: Tree/Peel (Source: Brazil, USA and Israel)

Latin Name: Citrus paradisi/Citrus racemosa

Family: Rutaceae

Extraction: Expression

AROMA: Sweet sharp and refreshing.

CHEMICAL CONSTITUENTS: Limonene, Paradisiol, Neral, Geraniol, Citronellal.

PROPERTIES: Grapefruit essential oil is anti-infectious, anti-inflammatory, anti-septic, detoxifying, anti-depressant, immune boosting, skin-toning and mentally rejuvenating. It is used to treat acne, oily skin, cellulite, muscle stiffness, water retention, obesity, colds, flu, depression, headaches, jet-lag, stress and nervous

exhaustion. It is good for use in a diffuser to disinfect a room.

PRECAUTIONS: Do not use this oil on the skin or in the bath for 12 hours prior to sun or sunlamp exposure. Photosensitizing. Oxidizes quickly.

Digestive: aids digestion.

Genito/urinary: increases the production of urine (diuretic).

Circulatory: cleanses the blood.

Respiratory: bactericidal, used for chills, colds, flu.

Skin/hair: antiseptic, astringent, detoxifying, toning, fights water retention; used for acne and oily skin, cellulite, obesity.

Grapefruit is native to tropical Asia; it is believed that the pumello fruit was brought to Europe by early medieval Arab traders and cross-pollinated with sweet orange in the West Indies, where both plant species were introduced, resulting in the birth of the grapefruit. However, there are no records to verify the grapefruit's exact origins. Now cultivated in the USA, Brazil and Israel. Grapefruit is picked from a glossy leaved tree, about 10 meters (30 feet) high, with white flowers and large, pale yellow fruit. The oil glands are imbedded deep within the peel and yield a small amount of essential oil.

Grapefruit essential oil is extracted from Citrus paradisi (also known as Citrus racemosa and C. maxima var. racemosa) from the Rutaceae family and is also known as shaddock. This oil, with a fresh, citrus smell is energising and helps to elevate the spirits. It also has antiseptic properties. Lovely fresh aroma which can help with nervous exhaustion. it relieves congested and oily skin, having a toning effect on both skin and tissues. For this reason it is a good oil to use when treating cellulitis. It may have an effect on obesity and water retention and Its diuretic properties could help with cellulite. A lymphatic stimulant, nourishes the tissue cells and controls liquid processes. This essential oil is an ingredient in anti-cellulite massage oil and also for boosting your lymphatic system - it positively affects your mood and revives the mind while stimulating the digestive system and clearing up congested oily skin and acne.

Grapefruit essential oil has a sharp refreshing smell and is either a pale yellow or light ruby color with a watery viscosity. Like all citrus oils, grapefruit oil should be used within six months of purchase.

As an aid to weight reducing diets, it stimulates bile secretion helping with digestion of fats. However, it is an appetite stimulant too indicating its general balancing and tonic effect on the digestion. Could be an aid in drug withdrawal since it is said to have a cleansing effect on the kidneys and vascular system. Its dissolving quality could diffuse gall stones.

Grapefruit oil is extracted from the fresh peel by cold compression and yields 0.5 - 1 %. Said to be a tonic to the liver. Appears to have a soothing effect on the body since it is said to relieve migraine, pre menstrual tension and uncomfortable feelings during pregnancy. It also seems to mitigate some of the effects of jet lag i.e. headaches and tiredness. May help to restore balance after ear infections.

An extremely high quality oil, refreshing and detoxifying. Revives and uplifts the spirit. An excellent all round cleanser, often combined with Cypress and Juniper.