



Pink Grapefruit Bio*

(*Citrus paradisi*)

*(Biologic/Eco-Cert Organic Essential Oil)
Stock #3906-7 (5 ml.)

Grapefruit essential oil provides antiseptic, bactericidal and astringent properties, and also acts as a digestive and lymphatic stimulant.¹⁻³

The pleasant citrus aroma of grapefruit oil is cool, refreshing and uplifting, providing a mild antidepressant effect. The clear, citrus scent is also used to enhance mental clarity and awareness and relieve nervous exhaustion.^{1,3,4}

Grapefruit essential oil contains various compounds, including citronellal, limonene and geraniol. Citronellal plays an important role in the aroma of the plant and also provides antifungal activity. Geraniol is an alcohol that possesses antiseptic and antiviral properties. According to animal research, the monoterpene limonene demonstrates anti-tumor activity and may function as a cancer chemopreventive agent. Limonene is also an effective antiviral. Furthermore, monoterpenes produce a generally stimulating effect.^{2,4-6}

Grapefruit oil's reputation for aiding weight-loss stems from its diuretic abilities for eliminating water retention and detoxifying the body. Grapefruit oil also tones and tightens the skin, which may help reduce the appearance of cellulite. In fact, grapefruit oil's astringent nature makes it beneficial in skin care preparations designed to treat oily skin and acne.¹⁻³

Abdominal massage with the grapefruit essential oil may prove helpful in easing constipation (of a few days' duration or less).⁵

There is a certain degree of consensus that, unlike other citrus essential oils, grapefruit oil is non-phototoxic. Individuals with sensitive skin should use grapefruit oil with caution to avoid any skin irritation or discomfort. In addition, due to the oil's short shelf-life, grapefruit oil should be used within 6 months of purchase in order to avoid oxidation, which can also cause irritation and sensitization.^{2,4}

References:

- 1 Damian, P. and Damian, K. *Aromatherapy: Scent and Psyche*. Rochester, VT: Healing Arts Press, 1995.
- 2 Wildwood, C. *The Encyclopedia of Aromatherapy*. Rochester, VT: Healing Arts Press, 1996.
- 3 Lawless, J. *The Encyclopaedia of Essential Oils*. Rockport, MA: Element Books, 1992.
- 4 Schiller, C. and Schiller, D. *Aromatherapy Oils: A Complete Guide*. NY, NY: Sterling Publishing Co., 1996.
- 5 Buckle RGN, J. *Clinical Aromatherapy in Nursing*. San Diego, CA: Singular Publish., 1997.
- 6 Zheng, G.Q., et. al. "Anethofuran, carvone, and limonene: potential cancer chemopreventive agents from dill weed oil and caraway oil." *Planta Medica*; 1992, 58(4): 338-341.
- 2 Schnaubelt PhD, K. *Advanced Aromatherapy*. Rochester, VT: Healing Arts Press, 1995.