



PRODUCT DESCRIPTION

Grapefruits earned their name from their resemblance of growing in clusters like grapes. While first found predominantly in Asian regions, grapefruits have spread across the world because of their abundant benefits.

Grapefruit essential oil stimulates and uplifts the senses, providing mental clarity and boosting energy. It is a rich antioxidant and helps skin stay young and healthy. Cleansing and purifying are also part of grapefruits' characteristics. People often use it for skincare and weight loss purposes. Some also diffuse it in their home and kitchen to naturally purify the air.

PRIMARY BENEFITS AND SAMPLE USES

- » Mood uplifting
- » Cleanses and purifies
- » Rich antioxidant
- » Mental clarity
- » Boosts energy
- » Ideal to diffuse in the office and study room

DIRECTIONS

Steam Inhalation: Add 2-3 drops to a cup of steaming water and inhale.

Diffusion: Diffuse 3-5 drops or more in the Purely diffuser.

Topical: Dilute 1-2 drops with a Purely carrier oil before use according to the dilution table shown. Be sure to test for sensitivity. Avoid sun and UV exposure for at least 12 hours after topical applications.

Ingestion: When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

PRECAUTION

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat. Avoid sun and UV exposure for at least 12 hours after topical applications.

BLENDS WELL WITH

Bergamot, Lavender, Lemon, Wild Orange, Geranium, and Frankincense

COUNTRY OF ORIGIN United States of America

EXTRACTION METHOD Cold pressed



DIFFUSION



TOPICAL



STEAM

DILUTION TABLES

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5



INGEST



SENSITIVE

SKU# 1043
retail: \$14

GRAPEFRUIT

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.



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