

Pink Grapefruit Essential Oil

Botanical Name

Citrus paradisi

Strength of Initial Aroma

Mild

Aromatic Description

Fresh sweet citrus aroma

Blends Well With

Light floral, spicy, herbaceous, woody and other citrus oils

Pink Grapefruit Essential Oil Uses

- Antidepressant
- Antiseptic
- Disinfectant
- Diuretic
- Stimulant
- Relieves stress and nervous exhaustion
- Oily skin
- Acne
- Tonic effect on the skin and scalp
- Astringent

- Anxiety
- Deodorizing
- Stress
- Depression
- Digestive
- Supports the immune system

Sources: www.perfectpotion.com.au Salvatore Battaglia 2019 Pink Grapefruit EO Monograph

Pink Grapefruit Essential Oil Safety Information

Grapefruit oil is reported to be non-toxic, non-irritating and non-sensitising.^{4,11} Old and oxidized grapefruit oil should be avoided.²²

Tisserand & Young report that IFRA recommends that for application to the skin exposed to the sun, expressed grapefruit oil be limited to a maximum of 4% in products for the skin.²²

While grapefruit juice inhibits the metabolism of some medications, Tisserand & Young state the percentage of furanocoumarins present in grapefruit essential oil is not likely to cause drug interactions.²²

As cited per www.perfectpotion.com.au Salvatore Battaglia 2019 Pink Grapefruit EO Monograph

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete

and although we do our best to research our ingredients it is not guaranteed to be fully accurate.

kid friendly