

# Grapefruit

Essential Oil

dōTERRA  
AUSTRALIA & NEW ZEALAND



Cold Pressed

BENEFITS ————— BOTH SIDES OF THE BOTTLE ————— GLOBAL BENEFITS

**CP** **PTG** Certified Pure Tested Grade®

Referred to as a “forbidden fruit” and one of the “Seven Wonders of Barbados”, **Grapefruit** was first documented in 1750 by Welshman Rev. Griffith Hughes.

The name “grapefruit” is attributed to the fruits growing in clusters which resemble those of grapes. **Grapefruit essential oil**, *Citrus X paradisi*, is known for its energising, invigorating and uplifting aroma.

**Grapefruit** essential oil is also renowned for its strong citrus and fruity flavour.



dōTERRA  
**cō·impact**  
SOURCING

dōTERRA  
**healing hands**  
FOUNDATION AUSTRALIA & NEW ZEALAND

In addition to supplying the highest quality essential oils dōTERRA® is committed to making a positive difference in the lives of farmers, harvesters, and distillers who contribute to dōTERRA's oil production.

[sourcetoyou.com](http://sourcetoyou.com)

**SOURCED** in Italy

WHAT IT TAKES TO MAKE A BOTTLE



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It takes about 4,6 kilos of grapefruit peels to produce 15mL of **Grapefruit** essential oil.

TO TRY

Try adding one to two drops **Grapefruit** essential oil as a replacement for lemon or lime in recipes.

**Grapefruit** essential oil is a great oil to diffuse before and during exercising.

Diffusing **Grapefruit** essential oil provides an uplifting aroma.

RECOMMENDATION OF USE

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BLENDS WELL WITH



dotERRA  
AUSTRALIA & NEW ZEALAND

CONTACT DETAILS

dotERRA®  
**Grapefruit** Essential Oil

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