

EO of the Month Spring 2012



Grapefruit

GRAPEFRUIT essential oil is cleansing, decongesting and purifying. It helps to break down fats and promotes lymphatic drainage. **GRAPEFRUIT** with cypress, rosemary and juniper can dissolve cellulite.

GRAPEFRUIT and all citrus oils are effective for depression. Try a blend of **GRAPEFRUIT**, tangerine, mandarin orange, bergamot, lemon with an added drop of rose geranium to soothe, nurture and uplift.

GRAPEFRUIT is an effective astringent and is very useful for oily skin and acne. Try a blend of **GRAPEFRUIT** with tea tree oil, lemongrass, lavender and/or roman chamomile. Add 1 drop of one or more of these essential oils to 4 oz. of witch hazel. Shake well before each use. Dab a cotton ball and gently wipe skin.

CAUTIONS: If you are **PREGNANT**, consult your physician. Most **CITRUS** oils are **PHOTOTOXIC**. You must stay out of the sun for 12 hours after applying to the skin.