Grapefruit

Grapefruit, Ruby Red Essential Oil
Species: Citrus paradisi Macfayden, fam. Rutaceae
Part: Peel
Method: Expressed
Class: Monoterpene
Country: USA

Grapefruit, Ruby Red, USA Characteristic of the fresh fruit its scent is similar to sweet and bitter orange. It has a very high monoterpene content particularly d-limonene. Other components include aldehydes C8 and C10, geraniol, cadinene, and citral and dimethyl anthranilate. Red Grapefruit has a beautiful reddish orange color with a pleasant fresh fruit aroma that is energizing and uplifting.

Use
Traditional uses:
- Anti Oxidant
- Colds
- Diuretic:
- Disinfectant:
- Stimulant:
- Anti Depressant
- Anti Septic
- Oily skin and Acne.

Grapefruit essential oil is cold-pressed from the peel, it has a shelf-life of only 6 months. Refrigerating can extend the shelf-life. When it becomes pine-like in its smell, do not apply it to the skin. It can however, still be used in homemade cleaners, as grapefruit oil is a wonderful degreaser.

Blends with:
bergamot, frankincense, lavender, palmerosa, and other citrus oils

Scientific studies:


