

Grapefruit

Citrus paradisi - Rutaceae

A genus of 12 species of small trees or shrubs. The grapefruit has large glossy dark green leaves and small white flowers that are not as heavily scented as those of other citrus species but are sweet and pleasant. These are followed by large yellow fruits, 15

Place of Origin **Part of plant used** outer rind of fruit

Brazil, USA, Israel **Method of Extraction** expression

Characteristics **Yield** 0.1%

Colour: Pale greenish yellow **BF** 4
Perfume notes: Top **TR** D

Aroma

Chemical Composition

Monoterpenes	limonene	% 86-95	Coumarins	bergapten	% trace
	alpha-pinene	1			
	sabinene	1			
	myrcene	1-5	Monoterpanol	linalool	1
Aldehydes	citronellal	1	Sesquiterpene	nookatone	trace
	octanal	trace			

Properties

Aerial antiseptic, astringent, bactericidal, diuretic, lymphatic & digestive system tonic, carminative, choloretic, decongesting, depurative, stomachic

Precautions

Like other citrus oil, grapefruit is potentially phototoxic, however opinion is divided as to whether grapefruit is phototoxic - avoid sun exposure for 24 hours

Non-toxic, non-sensitising, non-irritant

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Indications

Circulatory

Digestive

Tonic for liver and gallbladder, abdominal bloating, constipation, indigestion, obesity

Genito-Urinary / Gynaecological

Immune System

Airborne antiseptic

Musculo-skeletal

Muscle fatigue, 'heaviness', lethargy, pre and post-sports treatments.

Nervous

Depression, stress, tension, 'muzzy head', anger, frustration, mental fatigue, poor concentration, headaches.

Respiratory

Skin

Acne, congested skin, cellulite, oily skin, lymphatic congestion, blackheads, pimples, lymphoedema

Clinical Research

Grapefruit oil gets its aroma almost entirely from powerful trace components, one of which is the commercially isolated nootkatone.

Psychological uses

Grapefruit is a pleasant oil for diffusion having a refreshing, cooling, uplifting effect, which is ideal for lifting melancholic thoughts and depression. Just as this cleansing oil decongests and tones the lymphatic system, so it can assist the mind in sorting through and dissolving negative emotions such as jealousy and bitterness. Its ability to dissolve animosity and anger is a reflection of its remarkable cleansing action on all aspects of human health and well-being.

Summary

Digestive system tonic, cleansing, uplifting