



# Grapefruit Essential Oil

by  
*The Reformed Bohemian*



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# Grapefruit Essential Oil

Grapefruit essential oil has a refreshing citrus scent, it can help boost digestion and the immune system to name just a few of the benefits of this oil.

## ***About Grapefruit***

Grapefruit is a refreshing uplifting oil that has particular benefit in boosting digestion and the immune system by helping to clear the lymphatic system. It can also help with skin problems and sore aching stiff muscles.

Due to uplifting effects it can be of benefit to people suffering from stress. It helps to balance the nervous system and is effective in reducing premenstrual tension and migraine headaches, it also reduces water retention.

It has benefits when used in skin care and beauty products, it can be used as a good skin toner to treat oily skin and acne conditions and is often included in haircare products as it encourages hair growth. It can also be used in detergents, soaps and general cosmetics.



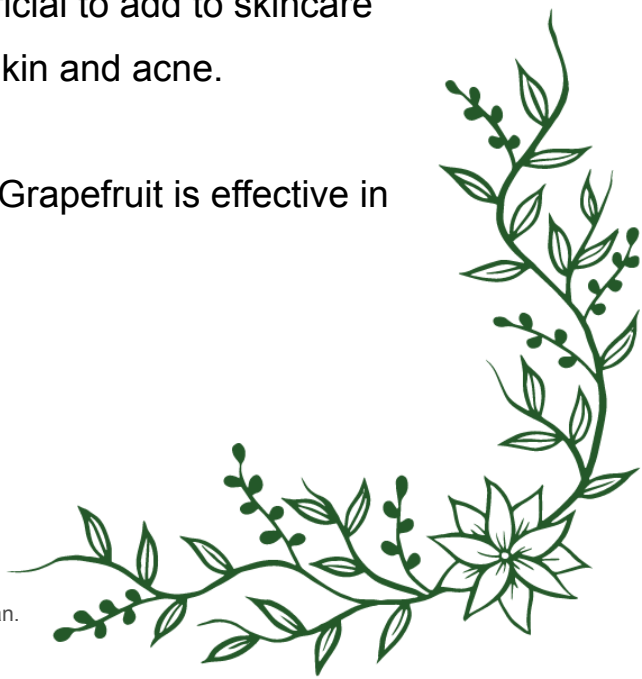
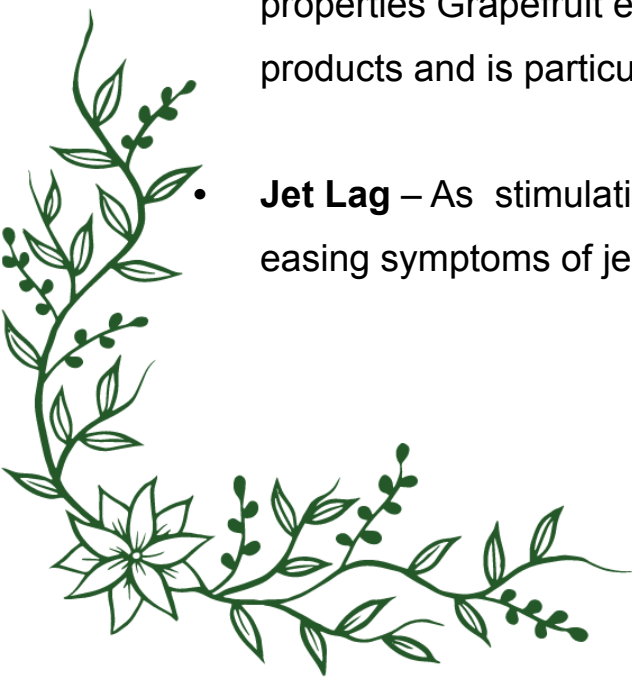
# Healing Properties Of Grapefruit Essential Oil

Grapefruit essential oil has the following healing properties:

## Properties

*Antiseptic, Anti-toxic, Astringent, Bactericidal, Diuretic, Depurative, Stimulant and General Tonic.*

- **Premenstrual tension and hormonal headaches** – as a general tonic it is effective in relieving symptoms of premenstrual tension and hormonal headaches.
- **Cellulite** – Grapefruit oil helps improve the appearance of cellulite due to its astringent, diuretic, anti-toxic and depurative properties helping to stimulate the lymphatic system helping to eliminate toxins within the body.
- **Detoxifying** – Grapefruit oil helps to clear the lymphatic system and relieve symptoms of water retention due to its diuretic and depurative properties.
- **Skin conditions** - Due to its astringent, antiseptic and bactericidal properties Grapefruit essential oil is beneficial to add to skincare products and is particularly good for oily skin and acne.
- **Jet Lag** – As stimulating and uplifting oil Grapefruit is effective in easing symptoms of jet lag.



- **Hair growth** – Grapefruit is effective in improving the condition of the scalp and improving and encouraging hair growth.
- **Fatigue and stress** – With its stimulating and uplifting properties Grapefruit can help to energise and relieve stress and tension and boost the nervous system helping to ease symptoms of stress and tensions such as tension headaches.



# ***Ways to use Grapefruit Essential Oil***

## **Diffuse**

- Grapefruit essential oil can be used in diffusers or oil burners. Using Grapefruit essential oil in this way is particularly beneficial in relieving hangovers, headaches and migraines as well as relieving feelings of fatigue and mental exhaustion boosting concentration, focus and clearing the mind and uplifting and energising.

Diffuse 1 - 3 drops of Grapefruit essential oil in an oil burner or diffuser.

## **Massage**

- Massage is a great way of relaxing the body and mind and easing aching muscles. Grapefruit essential oil is an excellent detoxifying oil and can help to improve the appearance of cellulite. It's an uplifting, energising oil that can also reduce feelings of both physical and mental fatigue leaving you feeling relaxed but energised.

Adults - up to 7 drops of Grapefruit essential oil in 1 tbsp of carrier oil

Children over 2 years old - up to 3 drops Grapefruit essential oil n 1  
tbsp of carrier oil.



## Deodorant

- Grapefruit can be added to coconut oil and baking soda to make a fresh smelling effective natural deodorant to combat excessive perspiration.

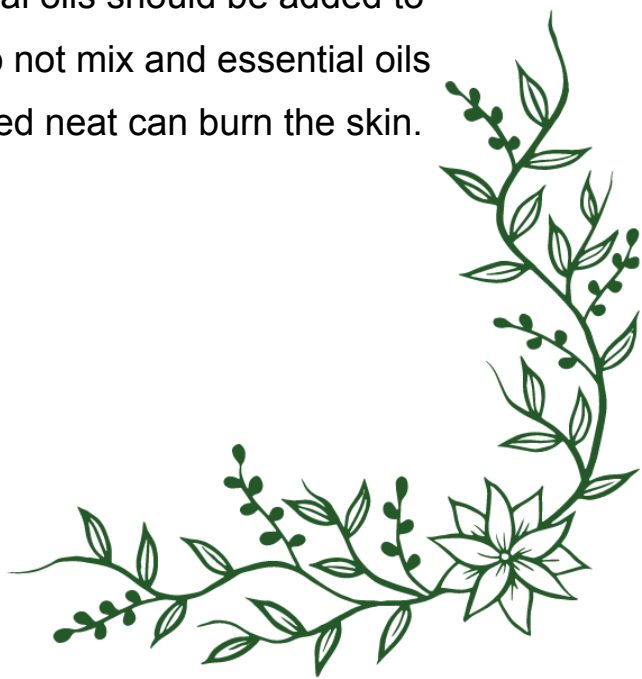
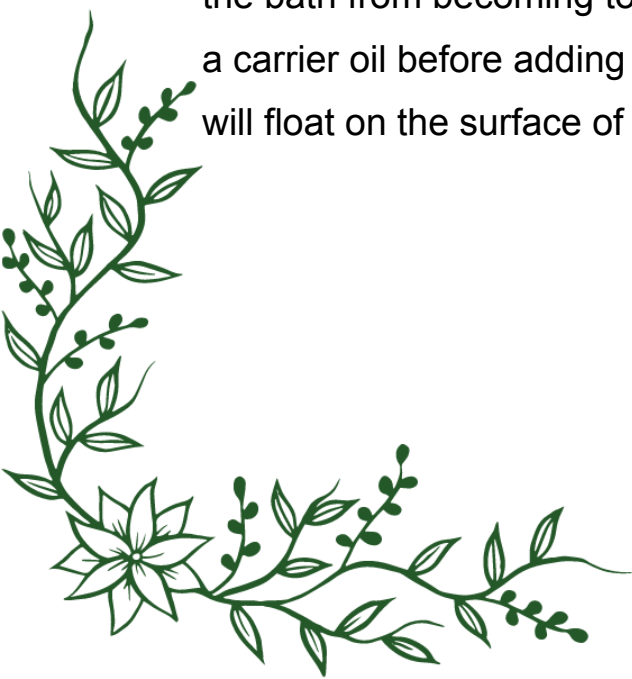
Add 3 drops of Grapefruit essential oil to 6 tablespoon of solid coconut oil, 4 tablespoons of baking soda and 4 tablespoons of either arrowroot or corn-starch and mix well.

## Bath

- Grapefruit essential oil can be added to a warm bath to fatigue, mental and physical exhaustion and general lack of energy. It can help relieve feelings of fatigue associated with Jetlag. It can also help to improve skin tone and improve the appearance of cellulite. Adding Grapefruit to your bath can also ease headaches and symptoms associated with congestion from colds and flu.

Add 1 - 3 drops of Grapefruit essential oil to a warm bath.

**Note:** Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.





## Cream

- Adding a few drops of Grapefruit to a base cream is a great way of harnessing Grapefruit's antiseptic and antibacterial properties to treat minor cuts and scrapes and to soothe skin conditions such as psoriasis, eczema, cold sores, acne scabies and chickenpox. It can also help to dry out oily skin and help to clear up and prevent acne. Grapefruit essential oil is also effective in improving the appearance of cellulite and removing toxins from the skin.

Add up to 12 drops of Orange essential oil to 30 ml of base cream.





## Blends

Whilst most essential oils can be used together some oils can overpower other oils. Grapefruit goes particularly well with oils such as:

- Bergamot
- Lavender
- Geranium
- Palma Rosa
- Frankincense



## Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Despite grapefruit itself being best avoided when using certain medications such as statins, Grapefruit essential oil is safe to use because it is the properties in the juice of the grapefruit that is reactive to certain medications, not the oil.

As with all citrus oils you should avoid exposure to the sun or using a sunbed for about 12 hours after using Grapefruit as it can cause skin pigmentation problems.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Grapefruit is one such oil.



## About *The Reformed Bohemian*

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at [www.reformedbohemian.com](http://www.reformedbohemian.com)





# *The Reformed Bohemian*

*Health & Well-Being Powered By Nature*



Find out more at

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