



Name	Latin Name	Origin
Grapefruit	Citrus Paradisi	South Africa
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$14	
Part of plant	Safety note	Conservation Status
Fresh fruit rind	May cause skin irritation, especially if the oil is older and oxidized. Use in low dilution when applying to the skin, such as in baths or massage oils. According to essential oil safety, by Robert Tisserand, grapefruit is phototoxic, and limit topical use to 4% when used in a blend (24 drops maximum per ounce). Skin irritation is generally a bigger concern than phototoxicity.	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Monoterpene rich 	<ul style="list-style-type: none"> • Antimicrobial • Antioxidants • Antiviral • Astringent • Diuretic • Tonic • Said to be euphoric and slightly hypnotic, reviving, and mood lightening. • Refreshing, can calm nerves and ease migraines caused by anxiety. • Useful for swollen ankles and joints. • Emotionally, is uplifting and cleansing. This essential oil is often used when looking to inspire positive energy. • Grapefruit essential oil is a welcome comfort when dealing with situational anxiety or depression.

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.</p> <p>1st component synergy d-Limonene (analgesic, antihypotensive, anti-inflammatory, antinociceptive, antiobesity, antioxidant, antitumoral, anxiolytic, hepatoprotective, immunostimulant, skin penetration enhancer, stimulant of au-</p>	

tophagy, vasorelaxant).

1st essential oil synergy combinations

bitter orange, lemon, lime, mandarin, sweet orange, yuzu .

2nd essential oil synergy combinations

angelica root, bergamot, black pepper, caraway seed, combava peel, dwarf pine, elemi, juniperberry, neroli, palo santo, silver fir, spearmint.

2nd component synergy

α-Myrcene, β-pinene, sabinene, nootkatone (analgesic, antibacterial, antidermatophytic, antifungal, antihypertensive, anti-inflammatory, antinociceptive, antiobesity, antioxidant, antiparasitic, antispasmodic, anxiolytic, insecticide, insect repellent).

1st essential oil synergy combinations

hops, lemongrass, rosemary, white pine .

2nd essential oil synergy combinations

cistus, fragonia, kanuka, myrtle, pomelo, yellow cedar .

Potential psychological therapeutic solutions

Depression, low mood: bergamot, black pepper, cistus, geranium, ginger, juniperberry, lemon, lime, neroli, pomelo, rosemary, sweet orange.

Potential psychological therapeutic solutions

Activating, combat fatigue and lethargy, aid weight loss: black pepper, combava peel, combava petitgrain, dwarf pine, geranium, juniperberry, rose, rosemary, tarragon, yuzu

Digestive support: angelica root, black pepper, bitter orange, caraway seed, cardamom, coriander seed, ginger, lime, mandarin, patchouli, spearmint, sweet fennel

Musculoskeletal pain, inflammation, tension: basil, bergamot, black pepper, cistus, dwarf pine, ginger, hops, juniperberry, lavandin, lemongrass, plai, rosemary, silver fir, sweet fennel, white pine

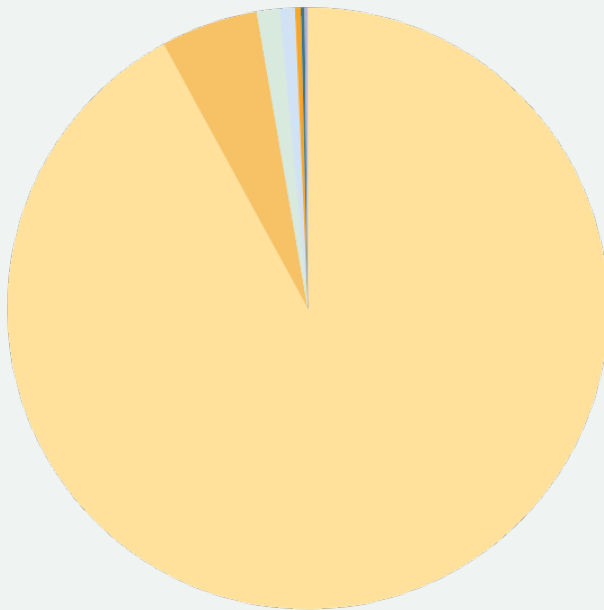
References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon

Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Scent Notes	Psychological rankings	Physical rankings
Top	Energising	3 Digestive 2
		Respiratory 1

Ingredient notes



Chemical families

monoterpenes	89.55%
sesquiterpenes	5.09%
ketones	1.2%
aldehydes	0.79%
monoterpenols	0.31%
oxides	0.19%
esters	0.16%

Complete chemical breakdown

monoterpenes

d-limonene	86.92%
b-myrcene	1.5%
a-pinene	0.53%
sabinene	0.31%
b-phellandrene	0.18%
b-pinene	0.11%

ketones

nootkatone	1.09%
carvone	0.11%

sesquiterpenes

b-caryophyllene	4.13%
valencene	0.35%
a-humulene	0.3%
d-cadinene	0.16%
a-copanene	0.14%
a-trans-bergamotene	0.01%

aldehydes

octanal	0.33%
decanal	0.29%
geranial	0.08%
nonanal	0.05%
dodecanal	0.04%

monoterpenols

linalool	0.17%
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trans-carveol	0.09%
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cis-carveol	0.05%
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esters

geranyl acetate	0.11%
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octyl acetate	0.05%
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oxides

limonene cis-1,2-epoxide	0.12%
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limonene trans-1,2-epoxide	0.07%
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