



vibrant
blue oils

Grapefruit

— SINGLE OILS —

BENEFITS: Grapefruit oil is extracted from the peel of the grapefruit and known to support the liver and lymphatic system which are both great for detoxification. It is also helps clear toxins, ease cravings, burn fat and reduce fluid retention and cellulite.

INDICATIONS: Grapefruit oil may be used to:

- **Enhance Focus:** Inhaling Lemon essential oil can aid in concentration, improve your ability to focus, boost your brainpower and help to alleviate mental fatigue by enhancing energy and mental flexibility.
- **Detoxification Support:** Grapefruit oil serves as a liver tonic and helps activate the gallbladder and the lymphatic system which are both great for detoxification. Grapefruit oil also stimulates lymphatic drainage which helps you detoxify and clear toxins.
- **Antimicrobial Agent:** Grapefruit essential oil works as a natural antimicrobial agent. Research has found that Grapefruit essential oil is effective against strains of bacteria.
- **Boost Mood:** Grapefruit possesses antidepressant properties that provide a relaxing and uplifting feeling. Research on the Effects of citrus fragrance on immune function and depressive states found that "citrus fragrance was more effective than antidepressants."
- **Improves Digestion:** Lemon essential oil can help soothe digestive problems, including issues like gastritis and constipation. Inhaling Lemon essential oil has been found to relieve nausea and vomiting.
- **Decreases Fluid Retention:** Grapefruit essential oil works as an excellent diuretic and lymphatic stimulant. Grapefruit's ability to kick-start a sluggish lymphatic system is thought to help you shed excess water weight loss.
- **Curb Sugar Cravings:** Grapefruit may help to reduce sugar cravings. Limonene, in grapefruit oil, has shown to balance blood sugar levels and reduce appetite.
- **Boosts Circulation:** Grapefruit essential oil is known to help lower inflammation and increase blood flow. The blood vessel-dilating effects of grapefruit may be useful as a natural remedy for PMS cramps, headaches, bloating, fatigue and muscle pains.
- **Reduces Inflammation:** [Research](#) suggests that the limonene present in grapefruit and other citrus essential oils is what helps to reduce inflammation and helps to regulate the body's cytokine production, or its natural immune response.
- **Natural Energizer:** Grapefruit can increase mental focus. When inhaled, its stimulating effects help alleviate mental fatigue and increasing alertness while also calming nerves.
 - **Weight Loss:** Grapefruit can ease cravings, suppress appetite, promote weight loss, burn fat and boost your metabolism.



Application

HOW TO USE: You can safely use Grapefruit essential oil by diffusing it or applying it topically. Inhalation immediately helps support detoxification and suppress appetite. Take care to dilute if applying on the skin and be careful not to apply before going out in the sun as Grapefruit can promote photosensitivity, which increases your sensitivity to the sun.

WHEN TO USE: Use Grapefruit to help detoxify and suppress cravings.

INGREDIENTS: Vibrant Blue Oils 100% Grapefruit Essential Oil, Organically Grown in USA.

PRODUCT TIPS:

- Inhale to help enhance focus and ease cravings, suppress appetite, promote weight loss, the help the body burn fat.
- Topically massage to help reduce fluid retention and cellulite.