
TOP 10 USES FOR GRAPEFRUIT OIL

- 1. Water Retention:** Mix 15 drops of Grapefruit oil with Fractionated Coconut Oil and apply on swollen areas in an upward motion towards the torso. Drinking a few drops throughout the day.
- 2. Lymphatic Massage Blend:** Combine 1 ounce Fractionated Coconut Oil, 5 drops Grapefruit, and 4 drops Geranium. Massage after a hard exercise to help disperse lactic acid from the muscles to reduce aches.
- 3. Suppress Appetite:** Diffuse Grapefruit oil often to help you eat less.
- 4. Hangover Solution:** Morning bath: 1/2 cup Epsom salt, 5 drops Grapefruit and 3 drops Rosemary in a warm bath. Sip warm Grapefruit & Peppermint tea while you soak in the bath.
- 5. Cellulite Massage Blend:** Mix 1 ounce Fractionated Coconut Oil, 10 drops Grapefruit, and 8 drops Lemon together. Massage on areas where the fat cells have fat deposits. Apply morning and night.
- 6. Chemotherapy Recovery Support:** Grapefruit oil helps uplift the mood. It helps detoxify the liver and allows cells to flush out stored toxins. Drink, smell, and rub Grapefruit often.
- 7. Increase White Blood Cell:** Mix 5 drops Grapefruit, 4 drops Lemon, 3 drops Lemongrass, and 3 drops Breathe. Gently blend and apply to the bottom of the feet before sleep.
- 8. Blood Clots:** Mix 4 drops Grapefruit, 3 drops Clove, 3 drops Lemon, and 2 drops Helichrysum. You can ingest or massage on the bottom of the feet. This helps the blood flowing at a good rate.
- 9. Metabolism:** Grapefruit is part of Slim & Sassy oil blend, but you can also add more Grapefruit if you like. Drink 5 drops of Slim & Sassy in water 4-5 times a day.
- 10. Uplifting and Invigorating:** Grapefruit oil is part of the Citrus Bliss blend. This blend is great for uplifting the mood. Diffuse when you need a pick-me-up. When you are happier, you are less tempted to stress and overly worry about how you look.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

