

# GRAPEFRUIT

**Latin Name:** *Citrus x paradisi*

**Botanical Family:** Rutaceae

**Other Common Names:** Paradise citrus

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## Extraction Information

**Country of Origin:** Israel, USA, South Africa

**Part of Plant Used:** Peep

**Extraction Method:** Expressed

**Oil Content:** 1.5 – 3%

**Color of Oil:** Yellowish, pale to clear

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## Blending Information

**Odor Description:** fresh – citrusy, sweet

**Blending Factor:** 8

**Note:** Top

**Energy:** Cool, Dry

**Blends Well With:** Juniper, Cypress, Peppermint, Citrus, Scots Pine, Jasmine, Black Pepper, Monarda, Lavender

**Indicated For:** Astringent, Oily skin, detoxing, can be dehydrating (blend with other non-citrus, non-monoterpene rich essential oils)

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**Safety Information:** Prone to Oxidation (Refrigerate), Use low dilution to prevent skin irritation, Mild photosensitizer

**Contraindications:** Avoid direct sun and tanning booths for up to 24 hours

**GRAS status:** ☒

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## Botany:

Citrus paradise is a large, vigorous tree to 30 m, with a single trunk, many branches, and a round to blunt conical shape if left unpruned. The branches are sturdy with large, glossy leaves. The fragrant flowers are large, white, singly or in clusters. After flowering the tree bares a light yellow to orange fruit with a thick to very thick peel. It requires a warm, humid climate to grow. Harvest of grapefruits occurs during the spring and finishes by the end of June.



## History + Myth

Native to Malaysia and South East Asia, a common story told is that it was named “shaddock fruit” after Captain Shaddock who introduced the fruit, then in a smaller form, to the West Indies in the 18<sup>th</sup> century. The name grapefruit is so called because it grows on the tree in large groups that look like large bunches of grapes. The oldest known mention of grapefruit comes from the 17<sup>th</sup> century, when this evergreen fruit tree was discovered on the island of Jamaica – hence the Latin name “paradisi”.

In 1930, Florida started commercial production of the essential oil, the USA still being the largest supplier today. The oil is a popular ingredient in food, cosmetics, perfumes, soaps, and detergents. Grapefruits originated as a result of a cross between a pummelo fruit, also known as shaddock fruit (*C. grandis*) and a sweet orange (*C. sinensis*) which spontaneously occurred in the West Indies, probably on Barbados.

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## Therapeutic Actions

Antidepressant, antiseptic, antiviral, astringent, anxiolytic, detoxifier, disinfectant, diuretic, stimulant (lymphatic and digestive), uplifting, tonic.

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<p><b>Chemical Feature:</b> Rich in Monoterpenes (up to 95%)</p> <p><b>Chemical Composition</b></p> <p><b>General Chemical Composition of <i>Citrus paradisi</i></b></p> <table border="1"><thead><tr><th>Chemical Family</th><th>Specific Components</th></tr></thead><tbody><tr><td>Monoterpenes</td><td><math>\alpha</math>-pinene (0.52%), <math>\beta</math>-pinene (1.84%), <b>d-limonene</b> (93.64%), myrcene (0.40%), sabinene (0.57%)</td></tr><tr><td>Sesquiterpenes</td><td>caryophyllene (0.26%)</td></tr><tr><td>Aldehydes</td><td>decanal (0.36%)</td></tr><tr><td>Ketones</td><td>nootkatone (0.06%)</td></tr></tbody></table> <p><a href="http://www.stillpointaromatics.com/ruby-grapefruit-essential-oil-aromatherapy?keyword=grapefruit">http://www.stillpointaromatics.com/ruby-grapefruit-essential-oil-aromatherapy?keyword=grapefruit</a></p>	Chemical Family	Specific Components	Monoterpenes	$\alpha$ -pinene (0.52%), $\beta$ -pinene (1.84%), <b>d-limonene</b> (93.64%), myrcene (0.40%), sabinene (0.57%)	Sesquiterpenes	caryophyllene (0.26%)	Aldehydes	decanal (0.36%)	Ketones	nootkatone (0.06%)	<p><b>Core Aromatic Applications:</b></p> <p><b>Circulatory system:</b> sluggish circulation</p> <p><b>Digestive system:</b> constipation, sluggish digestion, general digestive fatigue, digestion-related migraine</p> <p><b>Lymph/Immune system:</b> sluggish lymph, edema, supportive to detoxification</p> <p><b>Musculoskeletal system:</b> muscular aches and pains, rheumatism, muscle fatigue</p> <p><b>Nervous system:</b> depression, nervous exhaustion, stress, anxiety</p> <p><b>Reproductive/Endocrine system:</b> PMS</p> <p><b>Skin:</b> astringent, oily skin, detoxing, can be dehydrating (blend with other non-citrus, non-monoterpene rich essential oils)</p> <p><b>Psyche/Emotional:</b> Uplifting, may help to shift blocked energy, cleansing, anxiety, agitation, stress-related conditions, anxiety, challenging behavior</p> <p><b>Subtle/Energetic Aromatherapy:</b> Assists in the digestion of new concepts or ideas and can be used for cleansing and removing negativity. Grapefruit can be used for the third or solar plexus chakra.</p> <p><b>Ayurveda:</b> reduces excess kapha congestion mentally, physically, and emotionally; provides lightness to the heaviness of kapha</p> <p><b>TCM:</b> Grapefruit has the ability to smooth away stagnant Qi-energy, which can be of benefit for releasing feelings of tension, frustration, irritability, and moodiness. In oriental medicine, grapefruit essential oil is cool and dry in nature and can be used to clear heat, dampness, and phlegm.</p> <p><b>Affinity:</b> Digestion</p>
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**Keywords:** Uplifting, Moving, Refreshing, cleansing, stimulating, refreshing to air (spritzer or diffuser)

## Research/ Additional Notes:

Lymphatic Tonic Blend – Grapefruit, Lemon, Eucalyptus

Uplifting Blend – Grapefruit, Mandarin, Sweet orange