

10 ml Grapefruit Essential Oil



Brand: Ancient Wisdom

Product Code: EO-25

Availability: 10

Weight: 0.04kg

Price: £3.50

Description

Latin Name : Citrus Paradisi Part Of Plant Used : Fruit Peel Source : USA Extraction Method : Cold Press This Grapefruit Essential Oil has distinct properties that may offer a variety of health benefits — including reduced blood pressure and stress levels. Sourced from the peel of the Citrus paradisi fruit, proponents suggest that breathing in the oil's tangy scent can help lift your mood and offer a variety of benefits. Inhaling the aroma of grapefruit essential oil (or absorbing grapefruit essential oil through the skin) is thought to transmit messages to a brain region involved in controlling emotions. Known as the limbic system, this brain region also influences the nervous system. Aromatherapy proponents suggest that essential oils may affect a number of biological factors, including heart rate, stress levels, blood pressure, breathing, and immune function. Grapefruit essential oil is also used to reduce stress, stimulate circulation, increase energy, enhance mood, and improve digestion.