

Grapefruit (Citrus paradisi) essential oil



Origin	South Africa
Botanical family	Rutaceae
Plant	Fresh Fruit Rind
Aroma	Citrus
Colour	Yellowish Green expressed
Extraction	Expressed
Cautions	Phototoxic

History

Grapefruit is a citrus hybrid originating in Barbados as an accidental cross between the sweet orange (*C. sinensis*) and pomelo (or shaddock) (*C. maxima*), both of which were introduced from Asia in the seventeenth century. When found, it was nicknamed the "forbidden fruit".

Energetic aromatherapy

Good for clearing dampness in the body. Citrus fruits help to clear congestion in the body to eliminate mucous build up. Their detoxifying effect helps to break down cellulite, cleansing the body of stagnant energy and blockages which may affect circulation of Qi, especially in the liver and digestive systems.

Recipe idea

Combining Grapefruit, Juniper Berry and Lemon in a blend with may be useful for reducing detoxification of the air and cleaning.

Subtle aromatherapy

Citrus oils are known for their bright and bubbly personas. Cheering us all up and calming feelings of anxiety and depression. Lime connects us to our heart chakra, a place of love and emotional feelings.

Adding a drop of Grapefruit to a tissue and inhaling would send a vibrational message to the solar plexus and sacral chakras, balancing feelings of physical, emotional and mental tension.

Chemistry

Grapefruit has the highest content of monoterpenes at around 96%.

Monoterpenes are known to be some of the most volatile compounds. Due to their small molecular size, monoterpenes have excellent volatility and often contribute to the top note of the essential oil's aroma as well as to your essential oil blend.

Many monoterpenes oxidise readily and may be irritating or sensitising to the skin and mucous membrane.

Typically, essential oils that are high in monoterpenes are chosen for their tonifying, decongestant, analgesic and rubefacient properties. For example, their decongestant activity has been known to be used for respiratory congestion and oedema.

Chemical Groups

Name	%
Monoterpenes	96%
Aliphatic aldehydes	1.5%
Sesquiterpenes	yes
Lactones and Coumarins	0.5%
Remainder	0.5%
Ketones	yes
Alcohols	1%

Cold pressed

a-pinene	0.38%
b-pinene	0.02%
Sabinene	0.42%
Myrcene	1.37%
Limonene	84%
Citronellal	0.1%
Decanol	0.4%
Linalool	0.1%
Nootkatone	0.1%

Therapeutic actions

Antidepressant	Antiseptic	Depurative	Diuretic	Disinfectant	Stimulant
Antiviral	Air antiseptic	Tonic	Secretions	Calming	

Digestive system Digestive tonic for digestive problems	Immune system Coughs and colds Stimulates the production of white blood cells Fights off invading bacteria	Lymphatic system Lymphatic stimulant for the treatment of detoxification and cellulite, cellulitis, obesity and water retention
Nervous system Uplifting and reviving which makes it good for treating stress Uplifts mood Calming to emotions	Integumentary system Astringent for oil skin Vit C – anti- ageing, antibacterial for acne Brightening Toning	

Grapefruit Warning: Can Interact with Common Medications

Grapefruit can increase the side effects of some statin cholesterol medications, causing muscle damage. Though grapefruit does not interfere with most blood pressure medications, it can cause a few medications to over-correct blood pressure. Although only a few heart rhythm medications interact with grapefruit, the side effects can be dangerous.

Grapefruit interferes with proteins in the small intestine and liver that normally break down many medications.

Eating grapefruit or drinking grapefruit juice while taking these medications can lead to higher levels in your blood — and more side effects.

With some drugs, with even small amounts of grapefruit can cause severe side effects. Therefore, the combination should be avoided.

These drugs may be marked with a grapefruit interaction warning by your pharmacy. Make sure your doctor and pharmacist know if you regularly consume grapefruit. They can help you decide whether it's safe to consume while on certain medications.

<https://www.healthline.com/nutrition/grapefruit-and-medications#section11>

Notes

