

# Benefits of Grapefruit Essential Oil

Benefits of grapefruit essential oil include reducing reduce appetite and sugar cravings, mobilizing fat, as well as boosting your mood and fighting viral infections. It's an all-around super essential oil.

## What Causes the Benefits of Grapefruit Essential Oil?

What's in grapefruit essential oil that gives it its healthful properties? A journal article in the *International Journal of Phytotherapy Research*,

[PHARMACOLOGICAL POTENTIALS OF CITRUS PARADISI- AN OVERVIEW](#) indicates that the main chemical components of grapefruit essential oil are:

- [limonene](#) (81.6%),
- linalyl acetate (5.20%),
- *p*-cymene (3.6%),
- $\beta$ -pinene (2.51%),
- sabinene (1.02%),

as well as a number of other compounds with less than 1% presence.

The benefits of grapefruit essential oil mainly come from its most abundant natural phytochemical, limonene. Limonene is found in the peels of many citrus fruits. It gets its name from the lemon. It is typically present in the grapefruit peel oil at between 88 to 95%. Limonene has been investigated since the 1970s. It is used to make medicines which can help prevent and treat cancer. Limonene is also used to treat bronchitis and other viral infections. It is a great solvent for cleaning. Grapefruit essential oil has a fragrant aroma and is used as a flavoring.

Grapefruit oil is rich in antioxidants, including vitamin C. It helps boost the immune system and fights against free radicals. It helps protect the body from premature aging, tissue degeneration, and vision loss. It helps mental clarity. The antiviral and antimicrobial characteristics make it a good disinfectant.

Grapefruit oil is commonly used in aromatherapy where its tangy aroma helps boost your mood. Taken internally it can treat infections in the stomach, intestines and colon. It can help fight throat and respiratory infections, as well as muscle aches.

Another of the benefits of grapefruit essential oil is it helps the function of the lymphatic system. This helps clear the body of toxins and helps remove cellulite.

It can also help increasing energy levels, boosting your metabolism. It also helps reduce your appetite and sugar cravings. And it seems to help mobilize fat. So, it is often used by those trying to lose weight.

## **Cautions**

Grapefruit essential oil may cause skin irritation and causes skin to be sensitive to light. Test grapefruit essential oil on a small patch of skin before applying it generally over large areas. Avoid exposure to direct sunlight after applying to your skin.

## **Benefits of Grapefruit Essential Oil**

Curbing cravings can be difficult. Did you know that research has shown that just smelling grapefruit oil can help reduce feelings of hunger?

Try diffusing Grapefruit essential oil when you feel hungry but don't want to consume unnecessary calories. Additionally

like most citrus essential oils, Grapefruit has an uplifting aroma. Keeping a positive mood makes weight management efforts more fun and purposeful.

## **Diffuse or Take Internally**

Diffuse Grapefruit oil in the morning to set the mood for the rest of your day or periodically put two drops in your palms, rub them together and breathe in deeply.

When taken internally, Grapefruit essential oil supports a healthy metabolism. Add two drops to a glass of water, refill throughout the day, and with meals for metabolic support and healthy alternative to sugary beverages.

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