

Grapefruit-Red

Emotions	thaws emotional coldness, balancing
Uses	acne, anxiety, appetite-to increase, cellulite, chills, circulation problems, cold, concentration, depression, detoxification, digestive aide, emotional fatigue, energy, exhaustion-physical, exhaustion-mental, fatigue-physical, fluid retention, gall bladder-stimulate, hair-dandruff, hair-loss/alopecia, hangover, headache, herpes simplex, jet lag, laryngitis, laryngitis-loss of voice, laryngitis-tickling throat, lethargy, memory enhancement, migraine, muscle-after workout sauna, muscle-athletic conditioning-increased performance, muscle-fatigue, muscle-pain, muscle-toning, nail care, nervous tension, PMS-apatetic/moodiness, pregnancy, pregnancy-post natal, pregnancy-post natal depression, pregnancy-prenatal, pregnancy-refreshing, skin-oily, skin-toning, stress (chemical/mental/performance), throat-dry, tonic-gall bladder, tonic-lymphatic
Properties	antibacterial, antidepressant, antiseptic, antitoxic, astringent, depurative, digestive, diuretic, euphoric, lymphatic stimulant, restorative, tonic
Constituents	Limonene, cadinene, paradisiol, neral, geraniol, citronellal, sinensal, esters, coumarins, furocoumarins
Scent/Note/Viscosity	citrus, warm, sweet; top note; pale yellow to yellow; watery viscosity.
Best Mixed With	black pepper, clary sage, cinnamon, clove, cypress, eucalyptus, fennel, frankincense, geranium, ginger, juniper, lavender, lemon, mandarin, orange, palmarosa, patchouli, peppermint, rosemary, thyme, ylang ylang A(myrrh, nutmeg)
Warning:	None

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