

Grapefruit Citrus paradisi

Properties

Body

- Aerial antispetic+++
- Digestive stimulant+++
- Lipolytic+++
- Venous tonic, blood thinning++

Mind

- Realism and pragmatism



Chakra: Sacral
Solar plexus



Odour:
Sweet, fruitly and peeled
(HEAD NOTE)

Chemistry (main)
Monoterpenes 90-98%
Monoterpenols 1-1.5%

USAGE

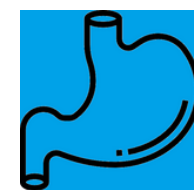
Cardiovascular system: Varicose veins, phlebitis, heavy legs, cellulite



Skin system: COSMETIC: slimming, firming, hair loss



Digestive system: digestion, bloating, appetite suppressant, bulimia, anorexia, -
Liver weakness,



Nervous system: Asthenia, nervous fatigue, stress, overwork, convalescence,
stress, depression, concentration



Home:

air sanitizer, cooking



Routes



less 3 months - diffusion only