

# Grapefruit Essential Oil

~ balancing mood and relieving stress, uplifting, provide mental clarity, helps promote weight loss and improve circulation ~

## Balance Roll-On Blend

- 10 ml roller bottle
- carrier oil
- 5 drops Grapefruit EO
- 4 drops Geranium EO
- 1 drop Lime EO

## Good Synergy Diffuser Blend

- 3 drops Grapefruit EO
- 2 drops Sweet Orange EO
- 1 drop Coriander EO
- 1 drops Ylang Ylang EO
- 1 drop Jasmine Absolute EO

Dilution is a MUST before applying directly to the skin.

Using a 10mL roller bottle first put in essential oils then fill-up remaining with carrier oil.

Cut recipe in half if using a smaller bottle.

Check before using on children as some oils can't be used on children under 10 years of age.

## Prevention Tropical Blend

- 10 ml roller bottle
- carrier oil
- 3 drops Grapefruit EO
- 2 drops Myrrh EO
- 2 drops Peppermint EO



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