



Integrity Ingredients Corporation

Product Specification

IntegriSENTIAL Grapefruit Oil

| Test | Requirements | Typical |
|--------------------------|---------------------------------------|----------|
| APPEARANCE: | A YELLOW TO BROWNISH YELLOW LIQUID | CONFORMS |
| ODOR: | PLEASANT CITRUS-LIKE | CONFORMS |
| REFRACTIVE INDEX @20° C: | 1.4740 TO 1.4790 | 1.4765 |
| OPTICAL ROTATION @20° C: | +91° TO +99° | +94° |
| SPECIFIC GRAVITY @20° C: | 0.845 TO 0.858 | 0.855 |

INCI Name: Citrus paradisi Oil

Grapefruit is one of the citrus fruits that has a sharper, almost bitter taste. It is grown in the United States, Caribbean countries, Spain and also in Israel. It is larger than the orange or lemon and generally has a yellow skin. Pink grapefruit, less common but equally good, has a pink tinge to the skin and pink flesh. The taste of a grapefruit is such that it feels as if it is beneficial to the health, and it is. The sharp, fresh taste feels cleansing on the palate and wakes up the senses at the start of a day. Grapefruit is rich in vitamin C and is recommended as part of a detoxifying diet.

Essential oil of grapefruit is obtained from the skin and rind of the fruit by expression (machine pressing). The oil has a pleasant, fresh and sharp smell, much like the fruit, and is used by the cosmetic industry in many bath products, shampoos, soaps, etc.

The effects of grapefruit oil are primarily cooling, cleansing and detoxifying. A few drops of grapefruit oil in the bath act as a wonderful boost to flagging spirits. The bather will emerge feeling clean, fresh and new. In massage it can be used to help combat cellulite. Grapefruit is a valuable detoxifying agent and acts on the liver and kidneys to help the body to eliminate waste and toxins.

It will play a useful part in any detoxifying regime, and some people recommend it as an aid to the process of drug withdrawal. Grapefruit oil also helps in the digestive process, and gentle abdominal massage will help to relieve a sluggish digestion or constipation.

Used in inhalation or in vaporizers, grapefruit oil combines well with many others in a harmonious blend. In skin preparations, the actions of grapefruit oil are cleansing and astringent, making it ideal for the treatment of excessive oiliness. It has a similar effect in hair treatments.

Suitable methods of use

Bathing, compresses, inhalation, massage, hair care, skin care, vaporizer/diffuser