

*Energy &  
Happiness*



PRIMAVERA®



DIY

Recipes with

# *Organic Grapefruit*



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# Organic Grapefruit

Grapefruit essential oil bestows new motivation and vitality when feeling tired and sluggish.

## Fragrance Profile

Fresh, tangy, fruity

## Benefit

Activates and animates your body and your senses, revitalizes, and stimulates your skin's metabolism.

### "SKIN REJUVENATION"

#### *Aroma Scrub*

- 10 ml Organic Sweet Almond Oil
  - 2 tbsp. of Organic Sugar
  - 3 drops of Organic Grapefruit
  - 2 drops of Organic Lavender Fine
- Mix the essential oils, almond oil and sugar. Massage in circular motions while in the shower and then rinse off.

### "JOY OF LIFE"

#### *Blend*

- 3 drops of Organic Grapefruit
  - 3 drops of Organic Lemon
  - 3 drops of Organic Swiss Pine
- To lighten the mood and create a bright, refreshing ambiance, add the blend to your favorite fragrance warmer, diffuser or aroma stone.

