

GRAPEFRUIT

CITRUS X PARADISI

Country of Origin: USA

Cold Expressed from rind

Pink Grapefruit (*Citrus x paradisi*) is a cold-pressed citrus oil expressed from the rind, valued for its crisp, tangy aroma and its natural affinity for the lymphatic and metabolic systems. Rich in limonene, it carries a bright, clarifying character that helps the body feel lighter, more open, and more responsive. Traditionally, grapefruit has been used to support fluid movement, digestive activity, and appetite balance, while offering a clean, uplifting presence that cuts through heaviness.

More structured than sweeter citrus oils, pink grapefruit is fresh, slightly bitter, and distinctly invigorating. It is often used when the system feels sluggish or weighed down, helping to encourage gentle movement and restore a sense of clarity and forward momentum. Rather than overstimulating, it works steadily - supporting a lighter, more energized baseline the body can maintain.

FUNCTIONAL CONSTITUENTS

Limonene The primary constituent in pink grapefruit oil, limonene is a monoterpene known for its bright, uplifting character and its role in supporting metabolic activity, lymphatic flow, and digestive function. It contributes to the oil's clarifying effect—helping the body feel lighter, more open, and less burdened.

Nootkatone A signature compound in grapefruit that gives the oil its distinctive sharp, slightly bitter edge. It has been studied for its role in supporting metabolic balance and cellular energy activity, and contributes to grapefruit's reputation for helping reduce feelings of heaviness and stagnation.

α -Pinene & Myrcene These supporting monoterpenes add structure and balance to the oil's profile. They are associated with gentle respiratory support, nervous system regulation, and help round out grapefruit's energizing effect so it feels clean and steady rather than overstimulating.

Clinical Studies: <https://pubmed.ncbi.nlm.nih.gov/25880021/>
<https://pubmed.ncbi.nlm.nih.gov/29976894/>
<https://pubmed.ncbi.nlm.nih.gov/33909955/>



HOW WE SOURCE

Pink grapefruit oil requires more precision than most citrus oils due to how quickly it oxidizes and loses its edge. We prioritize fruit that is harvested at peak maturity, where the balance of tartness and natural sweetness is fully developed. Grapefruit that is picked too early or held too long produces an oil that feels flat or dull rather than crisp and vibrant.

Expression happens quickly after harvest to preserve the volatile compounds that give grapefruit its sharp, refreshing character. Because of its sensitivity, handling and storage are tightly controlled from the start—minimizing exposure to air, heat, and light at every stage. We look for oil that retains its clean, slightly bitter brightness and a distinctly fresh, energizing profile—never softened, muddled, or faded.

OUR GRAPEFRUIT IS:

- ✓ Cold-pressed from fresh rind, never distilled
- ✓ Unrefined and not standardized
- ✓ Expressed in small batches for freshness
- ✓ Handled to protect from light, heat, and oxidation
- ✓ Crisp, tangy, and sharply defined - not dull or pithy

We look for oil that carries a clean, vibrant citrus profile with a distinct edge - an immediate sign of freshness and proper handling. Flat or softened oil is often a sign of age or oxidation, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Cold-pressed from fresh rind*
- Crisp, slightly bitter aroma*
- Sharply defined scent profile*
- Fresh, recent expression*
- Stored in dark glass*

Avoid:

- Heat or solvent extracted*
- Flat or overly sweet scent*
- Dull or oxidized oil*
- Adulterated/extended oil*
- Clear or plastic packaging*

