



Grapefruit Essential Oil Blend

The energetic properties of grapefruit oil make it helpful for balancing emotions, particularly when you feel frustrated or need help managing anger. Grapefruit essential oil blend is available in our clinic.

Instructions

Begin using oil when you first notice your mood changes.

Place a drop of oil on your fingertip and brush on temples, then wipe above the upper lip, under the nose.

Use 3 times per day.