Grapefruit

Grapefruit is uplifting to the mind and spirit. It is hard to be negative or anxious in the presence of this oil, because it promotes feelings of joy, confidence, and spontaneity. A great oil for depression. Grapefruit detoxifies the lymphatic system. This makes it a useful tonic for many body sýstems. Grapefruit, diluted in water, can bé used as a face wash for acne. Grapefruit can relieve a migraine headache and return the energy system to normal after long jet flights.

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