



# GRAPEFRUIT USES

## SUGAR SCRUB

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### Ingredients

- ⇒ 4 drops grapefruit essential oil
- ⇒ 4 drops lemon essential oil
- ⇒ 3 tablespoon white sugar
- ⇒ 1 tbsp coconut oil
- ⇒ Food coloring as desired

### Directions:

- ⇒ Put coconut oil in microwave safe jar and heat in 15 second intervals until melted
- ⇒ Add remaining ingredients and mix.
- ⇒ To use: rub small amount on hands or lips (these oils are safe to eat!) and rinse after exfoliation

## BATH BOMBS (FOR THE ADVENTUROUS)

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### Ingredients:

- ⇒ 1 cup citric acid
- ⇒ 2 cups baking soda

- ⇒ 1 cup cornstarch
- ⇒ Food color
- ⇒ Up to 20 drops of Grapefruit essential oil per color (or a combination of oils!)
- ⇒ 1 tsp almond oil, sweet per color
- ⇒ Spray bottle filled with water
- ⇒ 3D round ball mold

#### Directions

- ⇒ Pour citric acid in a large bowl and sift baking soda and corn starch into bowl
- ⇒ Bath bombs can be made more decorative with different colors in the same ball. To make a ball with three colors, divide above mixture into three bowls and place a few drops of food coloring into each bowl. The powder will look lightly colored but once it is dissolved into a bath the color will show more.
- ⇒ In each small bowl, sprinkle up to 20 drops of desired essential oil, and 1 teaspoon of sweet almond oil.
- ⇒ Using the spray bottle of water, spray the powder until it becomes like damp sand that will clump easily and maintain shape. Be careful not to overspray.
- ⇒ Pack sphere molds tightly, layering colors as desired. Allow to dry in the mold for 1 hour, and then air dry for at least 4 hours.

Source: [lorannoils.com](http://lorannoils.com)