

*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.



To discover more DIY recipes and learn more about PRIMAVERA, please visit www.primaverallife.com