

BERGAMOT ESSENTIAL OIL

Grown predominately in the Calabria region of Southern Italy, Bergamot is a small citrus tree that blossoms in winter and produces a fruit similar in size to an orange. The essential oil is extracted from the skin of the fruit using a method known as cold pressing. With its sunny disposition Bergamot essential oil uplifts and refreshes the spirit and is known for helping oily and combination skin.

Botanical Name	<i>Citrus bergamia</i>
Plant Part	Fresh peel of unripe fruit
Actions	Uplifting, refreshing, calming, balancing
May Help	Depression, nervousness, loss of appetite, anxiety, mental fatigue
Fragrance Note	Top Note
Blends with	Chamomile, Coriander, Cypress, Geranium, Jasmine, Juniper, Lavender, Neroli, Citrus Oils



Suggestions for use:

SOOTHING MASSAGE	
Bergamot	10
Frankincense	5
Lavender	10
Carrier Oil	50mL

BEAT THE BLUES BATH	
Bergamot	5
Geranium	3
Lavender	2
Dispersant	5mL

*Quantity shown refers to number of drops of essential oils

Cautions

Photo-sensitising - increases the burning effect of the sun and UV light. Avoid use, in massage or bath, prior to sun or UV exposure. Do not use on the skin in concentrations higher than 1%. Use no more than 4 drops in 20mL of massage oil base. Complementary oils may be added.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.