

# Bergamot Essential Oil



## Product Details

**Botanical Name:** *Citrus bergamia*

**Country of Origin:** Ivory Coast

**Extraction Process:** Cold Pressed

**Part of the Plant Used:** Fruit Peel



**Description:** Bergamot Essential Oil has a sweet, fruity, tangy aroma. For centuries the Bergamot fruit has been used in both perfumery and culinary arts, making it a staple to South Italy where it is grown in abundance. This fruit is still used today in pharmaceuticals, seasonings, confectionary, and much more. Its sweet aroma makes it great for diffusing in the office or at home to purify the air, and create a happy, tension free environment.

**Common Uses:** Bergamot has been traditionally applied to help infections, fevers, indigestion, cystitis, wounds, acne, herpes sores, depression, stress, tension, insomnia, fear, emotional crisis, emotional strengthening, and convalescence.

**Therapeutic Properties:** Antibacterial, Antidepressant, Antiseptic, Antispasmodic, Calmative, Carminative, Febrifuge, Sedative, Stomachic, Vulnerary.

**Directions:** Recommended to properly blend in a carrier oil prior to topical applications. We recommend a dilution no greater than 4%. Patch test before use in case of sensitivity.

### Blends Well With:

Cypress, Clary Sage, Nutmeg, Ylang Ylang, Patchouli, and Vetiver.

**Cautions:** Possible skin sensitivity. Oil is phototoxic, stay out of direct sunlight for up to 12 hours after application. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician.

These statements and products have not been evaluated by United States Food and Drug Administration and are not approved to diagnose, treat, cure, or prevent disease. The information given is not intended as a substitute for advice from your physician or other health care professional. Please also note the difference between herbs, natural foods, and essential oils.

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