



Bergamot Essential Oil

DESCRIPTION: A fragrant citrus fruit. Diffuse this calming, uplifting aroma to ease stress and anxious feelings.

TOP AROMATHERAPY BENEFITS: calm • decompress • uplift

AROMA: Citrusy & Spicy

BLENDS WITH: Eucalyptus, Lavender, Lemon

INGREDIENTS: Citrus aurantium bergamia (bergamot) oil

COLLECTION METHOD: Cold Pressed

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 48 hours after applying product.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a calming and uplifting aromatherapy experience.

Air Freshener

Add a few drops to a spray bottle, shake well and use as an air freshener.

Diffuse the Tension

Diffuse when tension or stress levels are high.

Linen Mist

Add a few drops to a spray bottle, shake well and use as a linen mist.

Use Before Bed

Add a few drops to carrier oil and apply to feet at bedtime to promote calming feelings.

Add to Bath

Add a few drops to a warm bath for a calming soak.

Shower Moisturizer

Dilute with a carrier oil and apply to skin during or after shower to relax and uplift.

Add to Cleanser

Add to skincare cleanser to improve its benefits. Avoid contact with eyes.

Sugar Scrub

Combine 10-15 drops essential oil with 1/2 cup coconut oil and 1/2 cup sugar for an invigorating DIY sugar scrub for glowing skin.

Surface Cleaner

Add 15 drops of bergamot oil to a spray bottle with 1 cup distilled water, and 1/4 cup white vinegar. Shake well.

Floor Cleaner

Create a DIY floor cleaner by adding 1/2 cup warm water, 1/4 cup white vinegar, 1 teaspoon liquid dish soap and 10 drops bergamot oil to a spray bottle.

Encourage Metabolism

Combine with a carrier oil and apply to wrists and chest when dieting and exercising.

DIY AROMATHERAPY BLENDS:

Calm & Soothing: Bergamot + Ginger + Patchouli

Carefree: Bergamot + Eucalyptus + Patchouli

Confidence: Bergamot + Orange + Ylang Ylang

Elevate: Bergamot + Grapefruit

Feel Refreshed: Bergamot + Eucalyptus + Peppermint

Fruity: Bergamot + Grapefruit + Lemongrass

Morning Meditation: Bergamot + Orange + Patchouli

Peaceful: Bergamot + Clary Sage + Patchouli

Uplift: Bergamot + Lavender + Lemon

Dilution Ratio: Best practices state that one 1/2 tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential oil. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.