

AUST L 336053
AU SKU: 60213841



dōTERRA® BERGAMOT

Citrus aurantium fruit peel oil essential 1 mL/mL

Citrus, spice, with a light floral note

Aromatic description

With its relaxing and calming aroma, Bergamot rind oil provides a number of wellness benefits.

Bergamot has an unmistakably familiar and comforting scent. No doubt, that's why it contributes to its benefits and also why it's used in massage therapy. Our Bergamot oil is extracted from rinds of the fragrant citrus fruit, that grow on bergamot orange trees and cold pressed to retain the oil's full potency and maintain its citrusy aroma.

PRIMARY BENEFITS

TRADITIONALLY USED IN
AROMATHERAPY TO:

- Reduce symptoms of stress
- Support emotional wellbeing

PRODUCT DESCRIPTION

Bergamot is the most delicate of the citrus plants, requiring a special climate and soil in order to thrive.

Italians have used Bergamot for years for its calming and soothing aroma for making skin feel fresher and smoother. In Greece, the unripe fruits are used as sweetmeats, eaten by the spoonful as a dessert or with coffee.

Bergamot essential oil is unique among citrus oils due to its ability have an uplifting and calming aroma, making it ideal for diffusion. It is also clarifying and cleansing for the skin while having a calming effect

DIRECTIONS FOR USE

DIFFUSION: Use three to four drops in the diffuser of choice.

FOOD FLAVOUR USE: Add one or two drops to food.

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.
If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

PLANT PART: Bergamot rind (peel)

EXTRACTION METHOD:
Cold pressed/expressed

MAIN CHEMICAL COMPONENTS:
Limonene, linalyl acetate

TIPS FOR USE

Diffuse at work or at home to help promote a calm relaxed environment.

Apply to the skin while showering and inhale deeply to experience its calming aroma. While enjoying its cleansing and clarifying skin benefits.

Change regular tea to Earl Grey with the addition of Bergamot.

Apply to the feet before bedtime or use with a carrier oil for a calming and relaxing massage.

Add one to two drops to your DIY skin care cleanser.



Certified Pure Tested Grade

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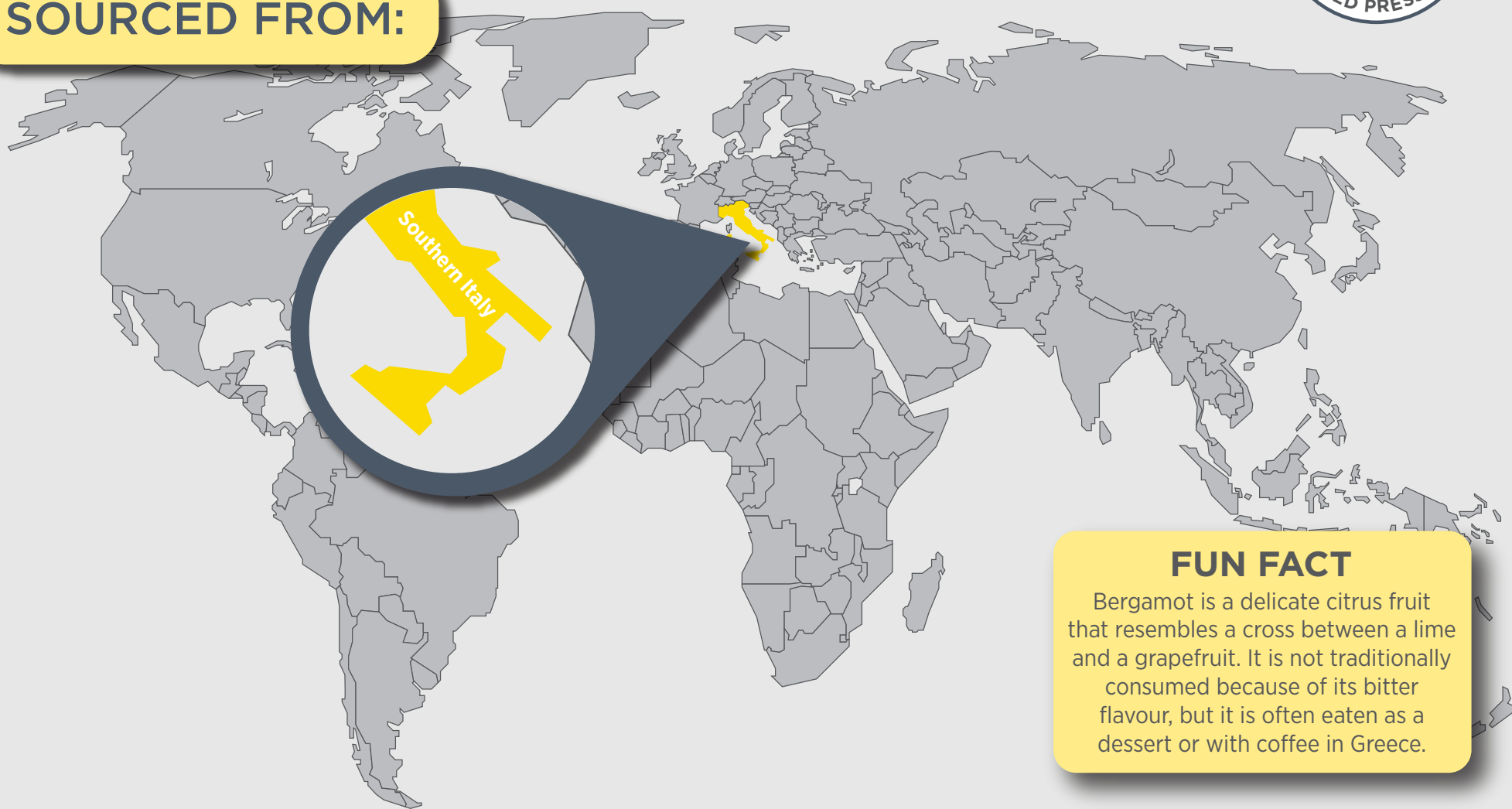
ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.



Bergamot A T I S



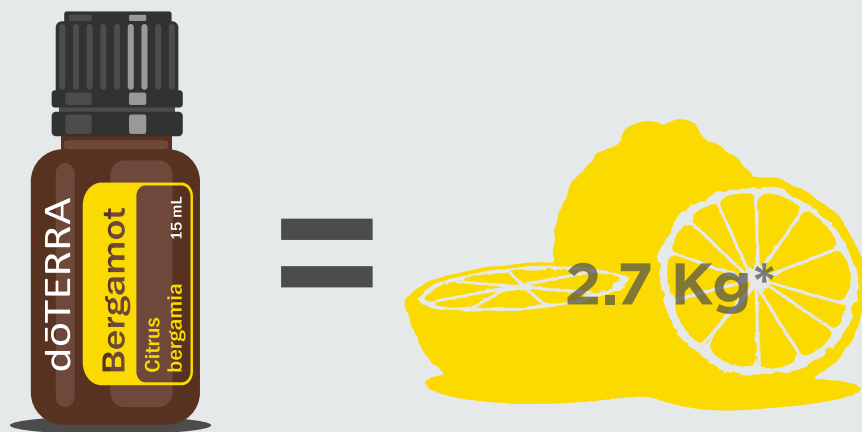
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FUN FACT

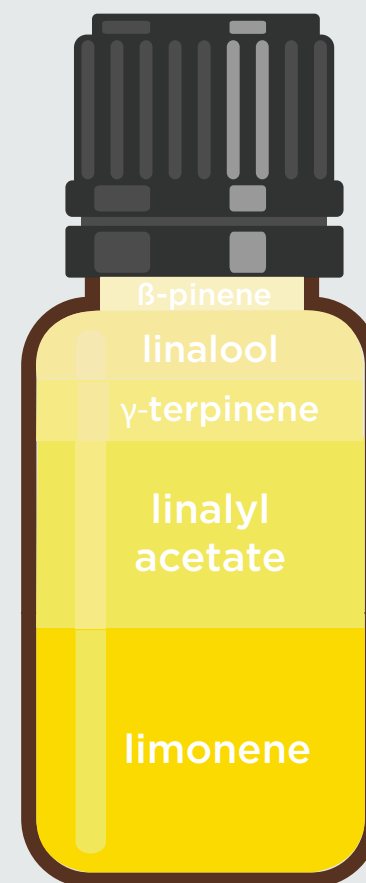
Bergamot is a delicate citrus fruit that resembles a cross between a lime and a grapefruit. It is not traditionally consumed because of its bitter flavour, but it is often eaten as a dessert or with coffee in Greece.

WHAT IT TAKES TO MAKE A BOTTLE:



It takes approximately 2.7 kilograms of bergamot peels to produce 15 mL of Bergamot essential oil.*

CHEMISTRY:



The main chemical constituents and associated benefits of bergamot are:

- immune support*
- soothing
- cleansing*
- calming
- uplifting
- cleansing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

121

Published studies on the benefits of bergamot

Numbers according to PubMed as of December 2017

FUN FACT

Earl Grey tea is characterised by the addition of bergamot oil to black teas.

WORKS WELL WITH:

