

Bergamot

Citrus bergamia 15 mL

dōTERRA®

Product Information Page (UAE)



Application: T | S

Ingredients: Bergamot Oil, Limonene*, Linalool*

Aromatic Description: Sweet, citrusy

Bergamot | Citrus Aurantium Bergamia 15 mL

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Primary Benefits

- + Provides a calming and uplifting aroma
- + Offers skin purifying benefits

Description

Bergamot is the most delicate of the citrus plants, requiring a special climate and soil in order to thrive. Bergamot is also unique among citrus oils because of its ability to be both uplifting and calming. Bergamot has been used for hundreds of years to promote calm and rejuvenate the complexion.

Uses

- + Apply to the skin while showering and inhale deeply to experience its calming aroma while enjoying its purifying skin benefits.
- + Add one to two drops to your DIY skin care cleanser.

Directions

Topical: Apply to desired area. For targeted skin application, mix 1-2 drops with ~10 drops carrier oil. For perfuming, apply 1-2 drops to ~5 drops carrier oil.

Cautions

Possible skin sensitivity. 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. Avoid sunlight or UV rays for at least 12 hours after applying product. For external use only.

*Naturally occurring oil compounds.