

# Bergamot Mint

*Mentha citrata* 15 ml

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PRODUCT INFORMATION PAGE



## PRIMARY BENEFITS

- Blends well with citrus oils, Geranium, Lavender, Rose and Ylang Ylang.
- Sourced from India, this essential oil is steam distilled from the leaves and stems of the *Mentha citrata* plant.
- May provide a relaxing aroma.

## PRODUCT DESCRIPTION

Bergamot Mint essential oil comes from a flowering, perennial herb with violet flowers and heart-shaped leaves. Despite the name, Bergamot Mint is not related to the bergamot fruit in any way. Similar to Lavender, Bergamot Mint's major constituents are linalool and linalyl acetate. Perfect for adding to Fractionated Coconut Oil for a comforting and soothing after-workout massage. Bergamot Mint's lavender-like and minty aroma complements a warm, relaxing bath.

## USES

- Add to carrier oil or unscented lotion for a comforting massage.
- Use in a relaxing bath.
- Blend with citrus oils, Geranium, Lavender, Rose and Ylang Ylang.

## DIRECTIONS FOR USE

For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil. For topical use only.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. Consult your doctor if pregnant or in treatment. Avoid eyes, inner ears, and sensitive areas.

