

Bergamot

Citrus bergamia 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



CPTG™

PRIMARY BENEFITS

- Cold pressed from the rind of the bergamot fruit, Bergamot essential oil is unique and the most delicate fruit among citrus oils, valued for its citrus quality.
- Bergamot is frequently used in massage therapy for its calming benefits to the skin.
- Used in a variety of perfumes, creams, lotions, soaps and skincare for its soothing benefits and fragrance.

PRODUCT DESCRIPTION

Bergamot is the most delicate of the citrus plants, requiring a special climate and soil in order to thrive. In Greece, the unripe fruits are eaten by the spoonful as a dessert or with coffee. 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

- Add one to two drops to your DIY skin care cleanser.
- Apply to the skin while showering and enjoy its purifying skin benefits.
- Mix with Fractionated Coconut Oil for a soothing massage oil.

SKIN CARE & BERGAMOT

No matter your current facial routine, Bergamot is a quick and easy addition. During your facial routine, add one to two drops to your facial toner or moisturiser to promote its soothing and purifying benefits.

DIRECTIONS FOR USE

Topical: 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. Avoid UV rays for 12 hours after applying.

