

# Bergamot

*Citrus bergamia* 15 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade™

With both calming and uplifting abilities, Bergamot oil can dissipate anxious feelings while simultaneously providing cleansing and purifying benefits.

**Plant Part:** Bergamot peel

**Extraction Method:** Cold pressed/expressed

**Aromatic Description:** Citrus, spice, with a light floral note

**Main Chemical Components:** Limonene, linalyl acetate, linalool, terpinene,  $\beta$ -pinene

## PRIMARY BENEFITS

- Calming and soothing aroma

### Bergamot

*Citrus bergamia* 15 mL

## PRODUCT DESCRIPTION

Bergamot is the most delicate of the citrus plants, requiring special climate and soil in order to thrive. Italians have used Bergamot for years to reduce feelings of stress and to soothe and rejuvenate skin. In Greece, the unripe fruits are used as sweetmeats, eaten by the spoonful as a dessert or with coffee. Bergamot is unique among citrus oils due to its ability to create both an uplifting and calming environment. It is also purifying and cleansing while having a calming effect.

## USES

- Diffuse in the classroom, at work, or at home when stress levels or tension is high.
- Change regular tea to Earl Grey with the addition of Bergamot.

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.

\* Information has not been reviewed by the **health authorities in Israel and around the world** and this product is not intended for the diagnosis, treatment, or prevention of any disease.