

Bergamot

Citrus bergamia 15 ml

dōTERRA® | INDIA

Product Information Page



Application: A | T | S

Plant Part: Bergamot rind (peel)

Extraction Method: Cold pressed/expressed

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

Main Chemical Components: Limonene, linalyl acetate

Bergamot | *Citrus bergamia* 15 ml

SKU: 60220396

Primary Benefits

- + Calming and soothing aroma
- + Provides skin purifying benefits
- + Frequently used in massage therapy for its calming benefits

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 for its calming and soothing aroma and 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 is unique among citrus oils due to its ability to be both uplifting and calming to the emotions, making it ideal for diffusion. It is also clarifying and cleansing for the skin while having a calming effect.

Uses

- + Diffuse in the classroom, at work, or at home to 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.
- + 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

Directions for Use

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

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

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.