

Bergamot

Essential Oil 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP|TG

Application: **A** | **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, linalool, terpinene, β -pinene

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 be both uplifting and calming aroma.

USES

- Diffuse in the classroom, at work, or at home when stress levels or tension is high.
- Diffuse for its citrus aroma

DIRECTIONS FOR USE

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

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 or UV rays for at least 12 hours after applying product.

PRIMARY BENEFITS

- Calming and soothing aroma
- Frequently diffused during massage therapy for its calming aromatic benefits

