

# Bergamot

*Citrus bergamia* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T I S

**Plant Part:** Bergamot peel

**Extraction Method:** Cold pressed

**Aromatic Description:** Sweet, citrusy

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

## PRIMARY BENEFITS

- Provides a calming and soothing aroma
- Offers skin purifying benefits

### Bergamot

*Citrus bergamia* 15 mL

30790001

Wholesale: \$36.00

Retail: \$48.00

PV: 36

## 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 for the skin while having a calming effect.

## USES

- Diffuse in the classroom, at work, or at home when stress levels are high.
- Apply to the skin while showering and inhale deeply to experience its calming aroma while enjoying its purifying skin benefits.
- Add to regular tea to transform into Earl Grey.
- Put a few drops in warm water for a relaxing foot soak.
- Add one to two drops to your DIY skin care cleanser.

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 4 fluid ounces of liquid.

**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.