



## Bergamot Essential Oil

**DESCRIPTION:** A fragrant citrus fruit. Diffuse this calming, uplifting aroma to ease stress and anxious feelings.

**TOP AROMATHERAPY BENEFITS:** calm • decompress • uplift

**AROMA:** Citrusy & Spicy

**BLENDS WITH:** Eucalyptus, Lavender, Lemon

**INGREDIENTS:** Citrus aurantium bergamia (bergamot) oil

**COLLECTION METHOD:** Cold Pressed

**CAUTION:** Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 48 hours after applying product.



### TOP TIPS:

#### Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a calming and uplifting aromatherapy experience.

#### Air Freshener

Add a few drops to a spray bottle, shake well and use as an air freshener.

#### Diffuse the Tension

Diffuse when tension or stress levels are high.

#### Linen Mist

Add a few drops to a spray bottle, shake well and use as a linen mist.

#### Use Before Bed

Add a few drops to carrier oil and apply to feet at bedtime to promote calming feelings.

#### Add to Bath

Add a few drops to a warm bath for a calming soak.

#### Shower Moisturizer

Dilute with a carrier oil and apply to skin during or after shower to relax and uplift.

#### Add to Cleanser

Add to skincare cleanser to improve its benefits. Avoid contact with eyes.

#### Sugar Scrub

Combine 10-15 drops essential oil with 1/2 cup coconut oil and 1/2 cup sugar for an invigorating DIY sugar scrub for glowing skin.

#### Surface Cleaner

Add 15 drops of bergamot oil to a spray bottle with 1 cup distilled water, and 1/4 cup white vinegar. Shake well.

#### Floor Cleaner

Create a DIY floor cleaner by adding 1/2 cup warm water, 1/4 cup white vinegar, 1 teaspoon liquid dish soap and 10 drops bergamot oil to a spray bottle.

#### Encourage Metabolism

Combine with a carrier oil and apply to wrists and chest when dieting and exercising.

### DIY AROMATHERAPY BLENDS:

**Calm & Soothing:** Bergamot + Ginger + Patchouli

**Carefree:** Bergamot + Eucalyptus + Patchouli

**Confidence:** Bergamot + Orange + Ylang Ylang

**Elevate:** Bergamot + Grapefruit

**Feel Refreshed:** Bergamot + Eucalyptus + Peppermint

**Fruity:** Bergamot + Grapefruit + Lemongrass

**Morning Meditation:** Bergamot + Orange + Patchouli

**Peaceful:** Bergamot + Clary Sage + Patchouli

**Uplift:** Bergamot + Lavender + Lemon

Dilution Ratio: Best practices state that one 1/2 tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential oil. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.