



BERGAMOT

Citrus bergamia

Emotional and physiological balance

- Source:** Calabrian region of southern Italy.
- Extraction:** Cold expression of the fresh peel of unripe fruit.
- Characteristics:** Light green/yellow liquid which becomes more olive as it ages. Fresh, lively, fruity citrus, with light floral overtones.
- Blending Factor:** 10 **Odour Note:** Top
- Safety Precautions:** Bergamot oil is photo toxic and increases the burning effect of the sun. Avoid use, in massage or bath, prior to sun or solarium exposure. Do not use on the skin in concentrations higher than 1%.
- History:** Native to the tropical areas of Asia and thought to have been brought to Spain by Columbus. The origin of its name is not certain but the most popular explanation is that it was named after the Northern Italian town of Bergamot, where it was first sold and popularised in the 16th century.
It has been widely used in traditional medicine for feverous conditions and to eliminate worms. More recent research has indicated its effectiveness in healing skin, mouth respiratory and urinary conditions.
- Therapeutic Actions:** Analgesic, antidepressant, aperitif, cicatrisant, digestive, febrifuge, nervine, restorative
- Enhances:** Balance, calmness, relaxation, positive attitude, motivation, strength, fulfillment
- Reduces:** Anxiety, depression, grief, listlessness, loneliness, mental fatigue, sadness, tension
- Uses:**
 Digestive system: Eating disorders, flatulence, agitation/anxiety
 Nervous system: Depression
 Integumentary system: Acne, cold sores, insect bites, wounds
 Skin: Excessive oiliness, dermal inflammation
- Methods for use:**
Massage
 Use no more than 10 drops of Bergamot in 50ml of massage oil base. Complementary oils may be added up to a total of 25 drops.
Aromatic Bath
Vaporiser
- Blends well with:** Chamomile, coriander, cypress, geranium, jasmine, juniper, lavender, neroli and other citrus oils.

Soothing massage		Beat the blues bath		Emotion calming massage	
Bergamot	9	Bergamot	5	Bergamot	10
Chamomile	1	Roman chamomile	1	Roman chamomile	3
Frankincense	5	Geranium	3	Clary sage	5
Lavender	10	Jasmine	1	Ylang ylang	6
Carrier oil	50ml	Dispersant	5ml	Carrier oil	50ml

