

Bergamot

Citrus aurantium bergamia

Therapeutic Properties: *Analgesic, anti-parasitic, anti-depressive (often called "nature's prozac"), antiseptic for lungs and genito-urinary tract, antispasmodic, anti-tussive (relieves coughing), carminative (flatulence expelling), digestive, diuretic, deodorant, anti-pyretic (reduces fevers), anti-diarrheal, stimulant, tonifier, vermicide (destroys worms), vulnerary (heals wounds), and protects gastric mucus of the stomach.*

Research has verified Bergamot's capacity for restoring emotional balance and, in the process, enhancing the efficacy of treatments for depression and anxiety disorders. It is soothing and grounding to those who are anxious or overly stimulated, yet uplifting and stabilizing to individuals suffering from depression. With a pleasant and uplifting aroma, coupled with its remarkable ability to soothe the emotions, it's not surprising that Bergamot has earned the title "Nature's Prozac" in the aromatherapy world.

Bergamot is regularly used to generate a fresh, delightfully citrus flavor in food. It produces a marvelous synergy when used sparingly in green tea to create a pleasant anti-inflammatory and detoxifying beverage. This can also be helpful in easing digestive issues such as gastritis, colitis, constipation, ulcers, and esophagitis as Bergamot is a potent stimulant to the stomach, spleen, and liver. Bergamot uses include acne, abscesses, anxiety, boils, cold sores, cystitis, depression, halitosis, itching, loss of appetite, oily skin, psoriasis, and stress. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 56-67.]

aromatherapy & home uses

Digestive System: Flatulence, loss of appetite.

Genito-Urinary System: Cystitis, leucorrhea, pruritis, thrush.

Immune System: Colds, fever, flu, infections, diseases.

Nervous System: Anxiety, depression, and stress-related conditions, having a refreshing and uplifting quality.

Respiratory System: Halitosis, mouth infections, sore throat, tonsillitis.

Skin Care: Acne, boils, cold sores, eczema, insect repellent and insect bites, oily complexion, psoriasis, scabies, spots, varicose ulcers, wounds.

suggested usage (10 years & up)

BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

INTERNAL

- Bergamot is the flavoring in Earl Grey tea; add 1 drop in a cup of Green Tea and you will have a good anti-inflammatory tea helpful in controlling esophagitis (inflammation of the esophagus), gastritis, ulcers, and colitis. Used as a tea, it is also well known as a laxative, a vermicide, and to assist with urinary disorders.
- 1 to 2 drops in a glass of water and used as a mouthwash and gargle will bring marked improvement in mouth ulcers, bad breath, and general inflammation.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

TOPICAL

- Apply 1-2 drops to pulse points as a natural perfume and to support emotional balance.
- For additional skin purifying benefits, add to goDésana Organics' Age Delay Facial Cleanser, adhering to the dilution guidelines.

responsible cautions

- Maybe phototoxic; do not expose skin to direct sunlight for 24 hours after application.
- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

GRAS Certified

Producing Organ: Peel

Extraction: Cold Expression

Country of Origin: Italy

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children

Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

10ml Bottle



QUALITY ASSURANCE

All oils from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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