

# Bergamot

**citrus aurantium bergamia** 10ml

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.]\*

## USES

### aromatic

- **Diffusion:** Diffuse in 5 minute intervals throughout the day to enhance mood and purify the air.\*
- **Misting:** Mix 15 to 20 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well and spray to lift the emotions and impart a refreshing citrus scent.\*

### bath

- **Bath:** Combine 8 to 10 drops with ½ to 1 cup of Pink Himalayan or Dead Sea bath salts and add to warm water.\*

### internal

- **Mouthwash/Gargle:** 1 to 2 drops in a glass of water and used as a mouthwash/gargle may assist mouth ulcers, bad breath, and general inflammation.\*

### topical

- **Perfume/Cologne:** Apply 1 to 2 drops to pulse points as a natural perfume and to support emotional balance.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 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.\*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.\*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.\*
- **Pregnancy:** Safe when used as directed starting in the 2<sup>nd</sup> trimester at 3% dilution (15 drops/1 ounce).\*

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## application methods

Aromatic • Bath • Internal • Topical

## safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.

## properties

Organic

**Producing Organ:** Peel

**Extraction:** Cold Expression

**Country of Origin:** Italy

**Main Chemical Constituents:** Linalyl acetate, linalol

**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

## responsible cautions

- May be 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.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*