

BERGAMOT

Citrus bergamia

Emotional and physiological balance

Source:	Calabrian region of southern Italy.
Extraction:	Cold expression of the fresh peel of unripe fruit.
Blending Factor:	10
Odour Note:	Top

Characteristics:

Light green/yellow liquid which becomes more olive it ages. Fresh, lively, fruit citrus, with light floral overtones.

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 popularized 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 essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporizers are used, the oil should be added to water in the vaporizer pan.

Blends with:

Chamomile, coriander, cypress, geranium, jasmine, juniper, lavender, Neroli, Ylang Ylang and other citrus oils.

Soothing massage		Beat the blues bath		Party Time Vaporiser	
Bergamot	5	Bergamot	4	Bergamot	4
Frankincense	2	Geranium	3	Orange	2
Lavender	3	Lime	3	Ylang Ylang	2
Total drops	10	Total drops	10	Total drops	8
Carrier oil	20ml	Dispersant	5ml		