



# Bergamot

## *Citrus Bergamia Essential Oil*

This wonderfully clean and sweet oil is known to uplift and relax - as well as aid with urinary tract infections, fighting oily skin, and combatting acne, psoriasis, eczema, and cold sores.

Size: 15ml

Size: 5ml

APPLICATION METHODS:  Can be used topically  Can be used internally  Can be used aromatically

### Primary Benefits

Provides skin purification benefits, soothing and calming aroma, promotes an uplifting mood and self confidence, often used in massage therapy for its calming benefits.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Internal use:** Dilute one drop in 4 fl. oz. of liquid

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. Stay out of sunlight for up to 12 hours after use. If you are pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Citrus, sweet, fruity, warm

### Collection Method

Cold Pressed/Expression

### Plant Part

Bergamot rind (peel)

### Main Constituents

Limonene, linalyl acetate

### Description

Bergamot oil is one of the most widely used oils in the perfumery/toiletry industry. Bergamot requires a specific climate and soil in order to thrive, making it one of the most delicate of the citrus plants. The name comes from the city Bergamo in Lombardy, Italy, where the oil was first sold.

Bergamot is specially unique among the citrus oils because of its ability to calm and uplift at the same time, making it an ideal choice to help with sad or anxious feelings. It aids in promoting self confidence and can be used for depression. Bergamot is very cleansing to the skin, as well as purifying while having a calming effect.

### Uses

- Diffuse to aid in depression, respiratory problems, SAD and PMS
- Add to your tea for a calming effect.
- Add to a base cream to be used for wounds and cuts, oily skin, eczema, acne, etc.
- Apply to the feet with Spark Naturals Carrier Oil for a relaxing and calming massage.
- Add one to two drops to your DIY skin care cleanser.

### Properties

Analgesic, Antibacterial, Anti-Inflammatory, Antiseptic, Digestive, Sedative and Uplifting

*\*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.*



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