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 combating 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.

**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.*