



Bergamot Essential Oil



Botanical Name: *Citrus bergamia*

Main Constituents:

Limonene: 39.67%

Linalyl acetate: 27.64%

Linalool: 10.81%

Plant Part: Fruit Peel

Origin: Italy

Processing Method: Cold Pressed

Child Safe: Yes

Description / Color / Consistency: A thin, light yellowish green to yellowish brown liquid.

Aromatic Summary / Note / Strength of Aroma: The aroma is basically citrus, yet fruity and sweet with a warm spicy floral quality, and is reminiscent of Neroli, giving a middle note of medium strength.

Child Safe: Yes

Product Abstract: The Bergamot tree can grow up to four meters high, with star-shaped flowers, and smooth leaves, bearing citrus fruit resembling a cross between an orange and a grapefruit, but in a pear shape. The fruit ripens from green to yellow. The name Bergamot is derived from the city Bergamo in Lombardy where the oil was first sold.

About Bergamot Essential Oil

Bergamot does not have a typical citrus aroma. It's a sharp top note that gives an initial citrus impact (d-limonene) before softer, sweet middle notes emerge. You'll also detect a Lemony facet, Neroli-like nuances, Peppery notes and an herbaceous, Lavender-like element (linalyl acetate).

From the perfumery perspective, Bergamot is important. It is an essential component of 'Eau de Cologne' type fragrances, usually with Lemon, Orange, Petitgrain, Neroli, and often Rosemary and Rose. It's easy to work with, and very versatile because of the many facets of its aroma. It blends very well with florals (such as Neroli and Rose), and herbal oils (especially Lavender and Clary Sage), and of course, Black Pepper can be used to bring out its warm, peppery elements (Rhind 2014).

In bergamot, you'll find traces of bergapten, a non-volatile, phototoxic compound. Bergapten heightens the skin's sensitivity to sunlight. The bergapten is present in trace amounts, generally not seen on a formatted GC/MS report, but biologically active. A treated, non-phototoxic version of Bergamot is available as a bergapten-free oil (called "Rectified Bergamot," "Furanocoumarin-free Bergamot," or "Bergamot FCF"). It's said that this removal process does not change the overall chemistry and balance



of the oil. However, there are potential implications for synergistic interactions between major, minor, and trace components (such as bergapten).

Bergamot Essential Oil Uses

Digestive discomfort: Bergamot is a powerful antispasmodic and can be effective in eliminating abdominal cramps. It is also an effective aid for digestion. In blends for digestive discomfort, Bergamot works well with Roman Chamomile, Lavender, Melissa, Sweet Fennel, Sweet Marjoram, Ginger, and distilled Lime.

Emotional health: Bergamot is one of the most valuable oils I've used to support emotional health and well-being. Try it in a diffuser. Try it with Clary Sage and Rose, or with Rosemary, to refresh and uplift. To reduce anxiety, consider Neroli, Frankincense, and Ylang Ylang.

Respiratory: Bergamot has antispasmodic actions, so it can be helpful in calming spastic coughing. It can also help combat respiratory infections. In this case, you might like to blend it with ester-rich Clary Sage to enhance the antispasmodic activity, or with Juniper Berry to reduce congestion. Oxide-rich Laurel or Cardamom would be perfect for expectorant actions, as would Eucalyptus (of course!), which is active against a range of respiratory pathogens.

Immunostimulant: For compromised immunity, colds, and flu, Bergamot could be blended with Laurel, Clove Bud, Frankincense, and Ginger.

Musculoskeletal: Bergamot works in massage oils to reduce tension and soothe painfully tight muscles, and it's great for restless leg syndrome. Consider blending it with Basil, Lavender, Clary Sage, Sweet Marjoram, Geranium, Juniper Berry, Black Pepper, or Clove Bud.

Stress and hypertension: Bergamot is useful for soothing depression and anxiety. It blends well with other antidepressant oils such as Geranium, Rose, Patchouli, and Lavender. It can be used in a diffuser or in massage blends.

General Safety Information

Do not take any oils internally and do not apply undiluted essential oils onto the skin without essential oil knowledge or consultation from a practitioner. Consult a practitioner before using oils with children, the elderly, if you are pregnant, if you have medical issues or are taking medications.

Cautions: Dilute before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).