

Bergamot Essential Oil

Botanical Name

Citrus bergamin

Strength of Initial Aroma

Medium

Aromatic Description

Sweet citrus floral aroma

Blends Well With

Other citrus and floral oils

Bergamot Essential Oil Uses

- Perfumery/Fragrancing
- Acne
- Abscesses
- Anxiety
- Boils
- Cold Sores
- Stress
- Depression
- Halitosis

kid friendly 12 and older

- Itching
- Loss of Appetite
- Oily Skin
- Psoriasis

Sources: www.aromaweb.com Bergamot EO Monograph

Bergamot Essential Oil Safety Information

May lower blood sugar levels, stop 2 weeks prior to any surgeries. May increase sensitivity to sun.

Cold pressed Bergamot Oil is phototoxic. Tisserand and Young recommend a dermal maximum use of 0.4% to avoid phototoxicity. Reading Tisserand and Young's full profile on this oil is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 87, 211.] Rectified FCF/Bergaptine-Free versions of cold pressed Bergamot Oil are available that dramatically reduce the phototoxicity of the oil.

As cited per www.aromaweb.com Bergamot EO Monograph

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete

and although we do our best to research our ingredients it is not guaranteed to be fully accurate.

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