

Discover...

Bergamot

Citrus bergamia

Cold Pressed

Clarifying, Stimulating, Bright

Bright and stimulating citrus aroma that uplifts moods, while energizing and focusing the mind

Bergamot is one of the most popular citrus scented essential oils, with a complex clean and tangy aroma. The aroma also has slight underlying floral and spicy notes. Bergamot, as well as many other citrus oils, is thought to be a powerful mood-stabilizer that promotes calmness while simultaneously energizing and lifting spirits. The oil also has many uses involved with skin and hair. Adding a few drops to a carrier oil and rubbing it on hair can make it silkier and shinier. The ancient Indian healing system of Ayurveda claims that bergamot oil balances phlegm, thereby reducing lethargy and depression, and increasing vitality. Bergamot oil is also used for confectionary purposes as flavoring in candy, chocolate, and tea – it is used to flavor traditional Earl Gray tea, and gives the beverage its distinctive complex citrus flavor and aroma. Bergamot blends well with other oils such as spicier, fruitier, and floral scents. The pleasant aroma is an appropriate scent for all year round.

Topically*: The oil may be mixed with carrier oils and used on the hair and skin to make them softer and smoother.

Aromatically: Blend with a carrier oil in a roller ball to stimulate the senses and clarify the mind. By diffusing the oil, the sweet aroma will make your house smell more inviting and fresh. Place a few drops onto a cotton ball and place under your pillow to aid in restful sleep.

Blends well with...

Lavender to promote restful sleep

Geranium for a bright floral scent

Nutmeg for a warming sensation

YlangYlang to boost energy

More Tips & Common Uses: Bergamot is a medium strength essential oil. The oil is often used to treat acne, cold sores, itching, oily skin, psoriasis and other skin conditions. It should be noted that bergamot oil is phototoxic, and should not be used on skin that will be exposed to the sun's UV rays.

* Pure essential oils are very potent. We strongly recommend diluting them when applying topically to avoid any potential skin sensitivities. Please refer to our Essential Oil Safety Guidelines for more information.

Disclaimer: The information provided here and throughout our website is for educational purposes only and is not intended to treat, cure, or diagnose any condition. This information is not intended as a substitute for consulting with your health care provider. It's best to consult with a healthcare professional before using any essential oil during pregnancy or before using essential oils with children.