

Bergamot

Citrus bergamia 15 mL

dōTERRA™

PRODUCT INFORMATION PAGE



Application:



Plant Part: Bergamot rind (peel)

Extraction Method: Cold pressed/expressed

Aromatic Description:

Citrus, spice, with a high floral note

Main Chemical Components:

Limonene, linalyl acetate

PRODUCT DESCRIPTION

Bergamot is the most delicate of the citrus plants, requiring a special climate and soil in order to thrive. Italians have used Bergamot for years to soothe skin. In Greece, the unripe fruits are used as sweetmeats, eaten by the spoonful as a dessert or with coffee. Bergamot is unique among citrus oils because its aroma can be both uplifting and calming, while also cleansing the skin.

USES

- Apply to the skin while showering and inhale deeply to experience its calming aroma while enjoying its skin benefits.
- Change regular tea to Earl Grey with the addition of Bergamot.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

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

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.

PRIMARY BENEFITS

- Calming and soothing aroma.
- Promotes healthy, clear skin.

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Part Number: 30791813

Wholesale: \$29.15

Retail: \$38.87

PV: 29.15

