Bergamot - Citrus bergamia

by Penny Keay

Origin - Italy
Part - Peel
Extracted - cold pressed
Grown - Cultivated

Blends well with:
Other citrus oils, angelica seed, basil, cedarwood, chamomiles, clary sage, lavender, neroli, cypress, elemi, geranium, geranium rose, jasmine, juniper berry, coriander, ginger, frankincense, rose, sandalwood, vetiver.

About the Bergamot plant & Fruit
A native plant of Asia, Bergamot trees are grown for production mainly in Italy. Other countries include France, Germany, the Ivory Coast and in South America.

The rind of the unripe or nearly ripe fruit is cold pressed to extract the light green colored liquid.

The aroma is that of citrus with a hint of spice. It is quite uplifting and refreshing with a slight balsamic undertone. For those familiar with the smell of Earl Grey Tea, this is the scent (along with the tea) you will experience.

Although uplifting, it is not a stimulating essential oil. It is a feel good oil as it lifts the spirits while all along, calming the anxiousness inside.

Properties
Antiviral, antifungal, antibacterial, deodorant, anti-inflammatory, antiseptic; uplifting; stress relieving; insect repellent;

Traditional Uses:
Anxiety, acne, skin infections including skin irritations due to psoriasis and eczema; may help with appetite, insect repellent, very effective for mental, emotional and psychological problems. May be useful for various upper respiratory infections involving the throat, sinuses, including congestion and viral infections such as cold sores; used in perfumery, toiletries, and soaps and in Mens colognes.

Is used in Earl Grey Tea to give its distinct flavor and aroma.

Cautions: Photosensitive/photo-toxic.
Do not use undiluted. Also, exposure to sunlight or UV light can "burn the skin".

Bergamot and many other cold pressed Citrus essential oils can cause "splotches" if exposed to sunlight, so avoid using if going outdoors especially if you are going to be "sun bathing"!

This warning is important to note as even diluted this oil can cause burns if exposed to sunlight.

IF you are creating a recipe to be used or worn outdoors, please use the FCF (Furanocoumarin Free) distilled Bergamot oil

KEEP OUT OF THE REACH OF CHILDREN!

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BLEND TO TRY

Stress Reliever Massage
Bergamot – 10 drops
Mandarin – 8 drops
Lavender – 8 drops
Nutmeg – 8 drops
Lemongrass – 8 drops
Jojoba – 2 ounces
Fractionated coconut oil – 1 ounce

Blend the essential oils together and then add to the Jojoba and Fractionated Coconut oil. Mix well.

Apply several drops to your neck and upper back.

Apply a few drops to your Temples and massage in using light pressure. Close your eyes and relax.

Compress for VARICOSE VEINS
Cypress - 8 drops
Lemon - 5 drops
Bergamot - 5 drops
1 cup cool water

Mix oils into cool water, wring out a cotton cloth in mixture and place over area.

Leave compress on for 15 minutes, then replace. Do this 2-3 times daily.

DIGESTIVE STIMULANT
1 ounce grapeseed oil
5 drops Bergamot
3 drops Ginger
3 drops Roman Chamomile

Blend oils and massage stomach and intestinal area in a clockwise direction using small circular movements.