

## Organic Bergamot – *Citrus bergamia*

**Code:** OR001

**Vol:** 10ml

**Country of Origin:** Italy

### About the oil

**Distilled From:** Expressed from the peel of the Bergamot fruit

**Aroma & appearance:** Light citrus orange, delicate, refreshing, yellowish green color

#### Some beneficial ways of enjoying the oil:

- A really special, rounded, citrus aroma, Bergamot is the perfect oil to help lift that Monday-morning feeling any day of the week! Try adding 20 drops to a bottle of unfragranced shower gel to give you get up and go in the mornings.
- Bergamot is strongly anti-septic, use in a burner to cleanse and uplift a room's atmosphere. Experiment by blending with the other citrus oils, Cedarwood, Frankincense, Lavender or Clary Sage.

Expressed from the peel of the Bergamot fruit, the bergaptene content of this oil causes photosensitivity in sunlight. It is recommended for use in massage only by qualified aromatherapists but is ideal for the home oil burner/diffuser. There is also a bergaptene-free Bergamot, known as Bergamot FCF, which is safer for use on the skin.

#### Did you know?

Bergamot is used to flavor Earl Grey tea.

**Key Search words:** Refreshing, balancing, uplifting, and cleansing

#### Safety Data

Strong sunlight to be avoided after use because it's high bergaptene content increases the photosensitivity of the skin

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