

## Bergamot FCF (Bergaptene Free) - *Citrus bergamia*

**Code:** T103      **Vol:** 10ml

**Country of Origin:** Sicily

### About the oil

**Distilled From:** Expressed from the peel

**Aroma & appearance:** Sweet fruity, citrus aroma, clear 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 also strongly anti-septic, cleansing and astringent and is therefore ideal in skincare for oily or problem skin – try 2 drops each of Bergamot and Ylang Ylang in 10ml of Jojoba oil as an alternative to a moisturizer for spotty or problem skin.

Expressed from the peel of the Bergamot fruit, this Bergamot oil is "FCF" (Furocoumarin-free also known as bergaptene-free). The bergaptene content of the full version of this oil causes photosensitivity, ie, it should not be used on the skin before exposure to sunlight or UV sunbeds. This Bergamot oil has been re-distilled in the UK to remove the waxes, including bergaptene. After distillation, the oil is clear, compared with the deep green colour of the original oil and is safer to use on the skin.

#### Did you know?

It is used to flavor Earl Grey tea.

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

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