

PRODUCT SUMMARY

Bergamot essential oil's effervescent citrus aroma makes it a great addition to your morning routine and to liven up your household chores. The yellow-green peel of this orange-shaped fruit is cold pressed to produce pure essential oil.

While Bergamot has a primarily tart and uplifting aroma, there are also sweet and relaxing elements, making it a popular addition to perfumes. Bergamot has attracted attention for its skin-cleansing properties, and its elegant scent makes it a popular addition to luxury shampoos, soaps, and cleansers. Bergamot can cause photosensitivity, so avoid applying the oil before spending time in the sun.

KEY INGREDIENTS

Bergamot essential oil

EXPERIENCE

Bergamot has a unique citrus aroma with a distinctively spicy floral hint and a woody backdrop. The sweet-smelling top note can be worked into your favorite relaxation rituals to help relieve tension during times of occasional stress.

PRODUCT BACKGROUND

Bergamot is cultivated primarily in the southern coast of Italy and has been used in the Middle East for hundreds of years as a flavoring, perfume, and addition to moisturizers and cosmetics. An orange-shaped citrus fruit the color of a lime, bergamot has a sharp, sweet, and earthy scent profile and includes the naturally occurring constituents limonene, linalool, and beta-pinene.

Bergamot oil is obtained by cold pressing the bumpy, green rind of the fruit. It is an important ingredient in many Young Living essential oil blends, including Dragon Time™ Bath & Shower Gel and Progessence Plus™ Serum. Bergamot can cause photosensitivity and should be avoided before going into direct sunlight.



BENEFITS & FEATURES

- Can help relieve tension during times of occasional stress
- Has a citrus aroma with a floral hint
- Has skin-cleansing properties*
- May reduce the appearance of blemishes*
- Includes the naturally occurring constituents limonene, linalool, gamma-terpinene, and beta-pinene

*Bergamot can cause photosensitivity; do not apply it before going into direct sunlight.

SUGGESTED USE

- Upgrade your skin care routine by adding a drop of Bergamot to your favorite shampoos, soaps, serums, and cleansers.
- Diffuse Bergamot at home, in the classroom, or while working to create an uplifting, positive environment.
- Add it to your favorite nighttime moisturizer for an uplifting scent and to reduce the appearance of blemishes.
- Create a signature perfume by mixing Bergamot with a floral middle note, like Jasmine or Geranium, and a musky base note, like Cedarwood, Patchouli, or Frankincense.

BERGAMOT



DIRECTIONS

Topical: Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or olive oil and apply to desired area as needed.

Aromatic: Diffuse 1 to 3 times daily.

CAUTIONS

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health care professional prior to use. May cause photosensitivity. Avoid direct sunlight or UV rays for up to 48 hours after applying product.

INGREDIENTS

Citrus aurantium bergamia[†] (Bergamot) peel oil

[†]100% pure, therapeutic-grade essential oil

ALSO AVAILABLE IN

Bergamot Vitality™ Essential Oil (Item No. 5616)

FREQUENTLY ASKED QUESTIONS

Q. Can Bergamot essential oil be ingested?

A. Bergamot is labeled for topical and aromatic use and is not intended for internal consumption. Be sure to always follow individual label instructions for Young Living products. For an excellent dietary option, try Bergamot Vitality essential oil.

Q. Does Cinnamon Bark essential oil need to be diluted for topical application?

A. Dilute 1 drop with 1 drops of V-6 or olive oil and apply to desired area as needed.

Q. Is there a UV warning associated with Bergamot?

A. Yes, avoid direct sunlight or UV rays for up to 48 hours after applying Bergamot.

COMPLEMENTARY PRODUCTS

Geranium
Essential Oil
Item No. 3554



Lavendar
Essential Oil
Item No. 3575



Ylang Ylang
Essential Oil
Item No. 3569



Orange
Essential Oil
Item No. 3602

