

Bergamot

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Botanical Name	Citrus bergamia
Part Used	Peel
Origin	Italy, China
Class	Ester
Extraction	Cold pressed
Color	Greenish-yellow
Viscosity	Thin
Perfume Note	Top
Aroma	Fresh, sweet fruity, slightly spicy- balsamic undertone
Therapeutic Action	Analgesic, anthelmintic (destroys intestinal worms), antibacterial, antidepressant, anti-inflammatory, antipruritic (relieves itching), antiseptic, antispasmodic, aperitive (stimulate appetite), carminative, deodorant, digestant, diuretic, expectorant, febrifuge (fever), insecticide, laxative, rubefacient, stimulant, tonic, vermifuge (expels intestinal worms), vulnerary
Uses	Acne, abscesses, anxiety, boils, cold sores, cystitis, depression, flatulence, halitosis, itching, loss of appetite, mouth infections, sore throat, oily skin, psoriasis, stress.
Constituents	a-pinene, sabinene, b-pinene, myrcene, para-Cymene, limonene, 1,8-cineole, a-terpineol, linalool, terpinenol-4, neral, linalyl acetate, geranial, geranyl acetate, neryl acetate, a-bergaptene (not bergamot BF), B-bisabolene, caryophyllene. Bergamot BF: Limonane, Linalool, beta-Pinene, Linalyl acetate, alpha-Terpineol, gamma-Terpinene, Myrcene, others
Safety	Phototoxic.(Not Bergamot BF) If applied locally do not expose to sunlight for 24 hrs.
Blends with	Lavender, orange blossom, jasmine, cypress, geranium, lemon, chamomile, juniper, coriander.

Information compiled from:

[Julia Lawless, The Illustrated Encyclopedia of Essential Oils (Boston, MA: Element Books, 1999)]

[Robert Tisserand, Essential Oil Safety (United Kingdom: Churchill Livingstone, 1999)]

[David G. Williams, The Chemistry of Essential Oils (United Kingdom: Micelle Press, 1997)]

General Safety Guidelines:

- Never use essential oils undiluted on the skin.
- Do not use essential oils on or near the eyes.
- Essential oils should not be taken internally.
- To check for allergic reactions or skin sensitization do a skin patch test before using a new oil. Place a small amount of the oil (diluted) on the inside of the forearm. If redness, itching, burning, or blistering occurs within 24 hrs. discontinue use.
- Some oils (such as citrus, pine) become sensitizing as they age. A good rule of thumb is to avoid using on the skin after about 6 months.
- If you have health conditions such as asthma, epilepsy, cancer, high blood pressure, etc. or are pregnant check the contraindications/cautions of the oils before use.
- Always use the smallest amount of oil that will do the job.
- Do not let children use essential oils without proper supervision.

- Essential oils are flammable. Keep away from fire and ignition sources.
- When in doubt consult with a qualified aromatherapist on the proper use of essential oils.
- Always remember that essential oils should never replace proper medical care. If you are under medical supervision consult with your practitioner before use.
- These safety guidelines are not to be considered complete and all-inclusive. When in doubt, consult your physician and/or a qualified aromatherapist.

Disclaimer Notice: This information is provided for educational purposes only. No claim is made to the accuracy of these statements nor is the information to be considered all inclusive of the properties of the respective essential oils. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.