

Bergamot

CITRUS BERGAMIA

Bergamot is used in many skin care creams and lotions because of its refreshing and citrus nature. Its' chemical makeup has antiseptic properties, which help ward off infection and aid recovery. It is a favorite oil of aromatherapists in treating depression, coughs, and is effective as an antispasmodic, reduces leg cramps, and is used for restless leg syndrome. Bergamot gives Earl Grey tea its vibrant citrus aroma.

COUNTRY OF ORIGIN

Africa, Brazil, S. Italy

EXTRACTION METHOD

Cold Pressed

PLANT PART

Fruit Rind

BOTANICAL FAMILY

Rutaceae

CHEMICAL FAMILY

Monoterpenes, Monoterpenols, Esters

AROMA

Balsamic, Sweet, Woody

NOTE

Top

SAFETY

- Phototoxic - Avoid direct sunlight or sunbeds for 12-24 hours after topical application.
- Do not use on skin undiluted
- It may be used safely (no phototoxic response) on the skin in a blend at no more than 0.4% (approx.1-2 drops per ounce of carrier). Or, if you are using the oil on an area of your skin that has no exposure to the sun or UV light, there is no safety concern.
- Possible skin irritant.

Phototoxic - Avoid direct sunlight or sunbeds for 12-24 hours after applying Bergamot to the skin. Bergamot must not be applied to the skin undiluted. Serious skin burning or damage can occur if Bergamot is applied and the skin is exposed to the sun or a tanning booth.

THERAPEUTIC PROPERTIES

The chemical components vary dramatically depending on the chemotype. Be sure of the chemical profile and chemotype of the oil you are using. The oil we are studying is linalool chemotype. If the oil contains eugenol, it may cause skin irritation in people with sensitive skin. Known Basil chemotypes: linalool, estragole, eugenol, methyl chavicol, methyl eugenol, methyl cinnamate.

ANALGESIC	ANTISEPTIC	CNS SEDATIVE
ANTI-INFLAMMATORY	ANTISPASMODIC	NEUROTONIC
ANTIBACTERIAL	ANTIVIRAL	DIGESTIVE
ANTIFUNGAL	CARMINATIVE	HYOPTENSIVE
ANTIDEPRESSANT	COOLING	IMMUNOSTIMULANT

BODY SYSTEMS

DIGESTIVE

ABDOMINAL CRAMPS

ENDOCRINE

INSOMNIA, STRESS

INTEGUMENTARY

FUNGAL ISSUES, ACNE AND OILY SKIN

LIMBIC

EMOTIONAL BALANCE

MUSCULAR

MUSCLE ACHES AND CRAMPS



BODY SYSTEMS (CONT.)

NERVOUS

RESTLESS LEG SYNDROME

RESPIRATORY

COUGHS, INFECTIONS, AND BRONCHITIS

SKELETAL

JOINT ISSUES

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