



Name	Latin Name	Origin
Bergamot	Citrus Bergamia	Italy
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$17	
Part of plant	Safety note	Conservation Status
Fresh fruit rind	Phototoxic - avoid direct sunlight or tanning beds for up to 18 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. 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 1 Oz/30 ML of carrier).	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> <li>• Rich in Monoterpenes</li> </ul>	<ul style="list-style-type: none"> <li>• Analgesic</li> <li>• Antiseptic</li> <li>• Antispasmodic</li> <li>• Anti-inflammatory</li> <li>• Antibacterial</li> <li>• Antidepressant</li> <li>• Antifungal</li> <li>• Antifungal (candida)</li> <li>• Carminative</li> <li>• Cooling</li> <li>• Hypotensive</li> <li>• Immunostimulant</li> <li>• Reduces feelings of stress, depression, anger or frustration. It is deeply relaxing, restorative, and calming.</li> <li>• Effective at reducing insomnia and anxiety.</li> <li>• Emotionally uplifting and calming.</li> <li>• Soothes and rejuvenates skin as well as purifying and cleansing.</li> </ul>

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.</p> <p>1st component synergy Linalyl acetate with l-linalool (analgesic, antibacter-</p>	<p>Energetics Instantly bright &amp; uplifting, Bergamot balance the pendulum swing of emotions &amp; open to heart to other ways of being</p>

ial, anticonvulsant, antifungal, anti-inflammatory, antinociceptive, antioxidant, antispasmodic, antitumoral, antiviral, anxiolytic, cholinesterase inhibitor, immunostimulant, hypotensive, vasorelaxant, sedative) .

Energy  
Energy - Warm & Dry

Five Element Affinity  
Five Element Affinity-Wood, Fire

1st essential oil synergy combinations  
bergamot mint, clary sage, lavandin, lavender, petitgrain Bigarade.

References  
(Holmes, 2016, p. 138)

2nd essential oil synergy combinations  
cardamon, neroli, sweet marjoram, thyme ct linalool, .

2nd component synergy  
d-Limonene, sabinene,  $\alpha$ -terpinene and  $\beta$ -pinene (analgesic, antibacterial, antifungal, antihypotensive, anti-inflammatory, antinociceptive, anti-obesity, antioxidant, antispasmodic, antitumoral, anxiolytic, hepatoprotective, immunostimulant, skin penetration enhancer, stimulant of autophagy, vasorelaxant).

1st essential oil synergy combinations  
combava peel, grapefruit, lemon, lime, mandarin, sweet orange, yuzu.

2nd essential oil synergy combinations  
black pepper, blackcurrant bud, coriander seed, juniperberry, mandarin petitgrain.

Potential psychological therapeutic solutions

Stress and anxiety: bergamot mint, clary sage, combava peel, ylang ylang, lavender, mandarin, mandarin petitgrain, neroli, patchouli, petitgrain Bigarade, sweet marjoram, sweet orange, vetiver

Pain with depression: clary sage, frankincense, jasmine sambac, lavender, lemon, neroli, patchouli, rose, rosemary, sweet orange, turmeric

Anxiety and insomnia: mandarin, mandarin petitgrain, neroli, sandalwood, vetiver, ylang ylang

Low mood, lethargy: bergamot mint, bitter orange, black pepper, clary sage, coriander seed, combava peel, grapefruit, jasmine sambac, juniperberry, lavandin, lemon, lime, mandarin, sweet orange, patchouli, rose, rosemary ct cineole, rosewood, sandalwood, yuzu.

Potential physical therapeutic solutions

High blood pressure: lavender, neroli, sweet marjoram

Pain: black pepper, cananga, chamomile German, cinnamon leaf, clary sage, clove bud, combava peel, coriander seed, ghandi root, grapefruit, juniperberry, lavandin, lavender, lemon, mandarin, neroli, patchouli, Scots pine, rosemary, spike lavender, sweet marjoram, sweet orange, thyme ct linalool, yuzu.

Wound healing: balsam copaiba, blackcurrant bud, chamomile German, cypress, German chamomile, helichrysum, juniperberry, lavender, myrrh, spike lavender, sweet marjoram, patchouli, poplar bud

References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon

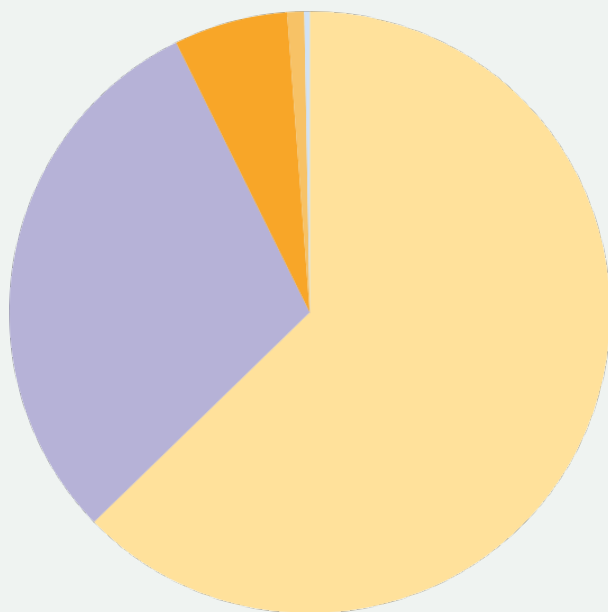
Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

<b>Scent Notes</b>	<b>Psychological rankings</b>	<b>Physical rankings</b>
Top middle	Balancing	3 Immune/Infection 2
	Calming	2 Neurological 2
	Energising	2 Reproductive 2

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**Ingredient notes**

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**Chemical families**

monoterpenes	62.8%
esters	29.96%
monoterpenols	6.13%
sesquiterpenes	0.92%
aldehydes	0.29%

**Complete chemical breakdown**

**monoterpenes**

d-limonene	46.36%
γ-terpinene	6.94%
β-pinene	5%
β-myrcene	1.27%
α-pinene	1.12%
sabinene	0.93%
terpinolene	0.31%
α-thuyene	0.3%
p-cymene	0.25%
trans-β-ocimene	0.19%
α-terpinene	0.13%

**esters**

linalyl acetate	26.47%
ethyl caprylate	2.5%
neryl acetate	0.52%
geranyl acetate	0.47%

**monoterpenols**

**sesquiterpenes**

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linalool	6.13%
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b-bisabolene	0.52%
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b-caryophyllene	0.4%
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## aldehydes

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geranial	0.29%
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