

Essential Oil of Bergamot

Young Living Therapeutic Grade Essential Oil



Relieves anxiety, with mood-lifting qualities.

Historical Data

Christopher Columbus is believed to have brought bergamot to Bergamo in Northern Italy from the Canary Islands. A mainstay in traditional Italian medicine, bergamot has been used in the Middle East for hundreds of years for skin conditions associated with an oily complexion. Bergamot is responsible for the distinctive flavor of the renowned Earl Grey Tea and was used in the first genuine eau de cologne.

Medical Properties

Calming, hormonal support, antibacterial, antidepressant.

Uses

Agitation, depression, anxiety, intestinal, parasites, insomnia, viral infections.

Application

Dilute 1 part essential oil with 1 part V-6 Vegetable Oil Complex or other pure vegetable oil, and:

(1) Apply 1-2 drops on location, (2) Apply on chakras and/or Vita Flex points, (3) Inhale directly, (4) Diffuse, or (5) Take as a dietary supplement

Caution

Avoid applying to skin that will be exposed to sunlight or UV light within 36 hours.