

Product Summary

Bergamot essential oil has a light, citrusy scent that creates a relaxing effect to help build confidence and uplift moods. Bergamot, *Citrus bergamia*, has been used in Italian folk medicine for many years. This essential oil has historically been used to soothe the effects of higher body temperatures. †

Product Story

Christopher Columbus is thought to have brought bergamot from the Canary Islands and introduced it to the Bergamo province of northern Italy. In addition to its wide use in Italian medicine, bergamot has also been used for centuries in the Middle East for skin conditions associated with an oily complexion. Bergamot is responsible for the distinctive flavor of the famous Earl Grey tea and was used in the first genuine Eau de Cologne.

Primary Benefits

- + Helps build confidence and enhance moods, especially during a woman's monthly cycle
- + Assists the body in calming during times of stress or anxiety
- + Aids in suppressing appetite when taken internally*

How to Use

Internal: Dilute one drop of bergamot essential oil with one drop of V-6™ Enhanced Vegetable Oil Complex or olive oil. Put in a vegetable capsule and take up to three times daily or as needed.

Topical: Dilute one drop of bergamot essential oil with one drop of V-6™ or olive oil. Apply to desired area as needed.

Aromatic: Diffuse up to one hour three times daily.

Did You Know?

- + Bergamot is a small tree with smooth, oval leaves that reaches about 4.5 meters in height. Its small, round fruit ripens from green to yellow and is similar in size and appearance to an orange.
- + Bergamot has traditionally been used to aid with minor feelings of anxiety. When mixed with lemon and orange essential oils, bergamot may also provide enhanced benefits. †
- + Bergamot is used as a primary ingredient for flavoring in Earl Grey tea.



Caution

- + Keep out of reach of children.
- + If you are pregnant, nursing, taking medication, or have a medical condition, please consult a health-care practitioner prior to use.
- + Avoid direct sunlight or UV rays for up to 48 hours after applying product.

Frequently Asked Questions

Q: How is bergamot essential oil extracted?

A: Young Living's bergamot essential oil comes straight from Italy and is cold pressed from the rind of the nearly ripe fruit—similar to most other citrus oils.

Q: What other Young Living products feature bergamot?

A: Bergamot can be found in a variety of Young Living products, including Progence Plus™, Awaken™, Clarity™, Dragon Time™ Bath & Shower Gel, Dream Catcher™, Evening Peace™ Bath & Shower Gel, Forgiveness™, Genesis™ Hand & Body Lotion, Gentle Baby™, Harmony™, Joy™, and White Angelica™.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

† Modern scientific research has not yet validated such usage.