

## BERGAMOT ESSENTIAL OIL (CITRUS BERGAMIA)

**Botanical Name:** Citrus Bergamia,

**Botanical Family:** Rutaceae

**Origin:** France

### Plant Description:

A small tree with long smooth oval green leaves and white flowers; This tree has small round fruit that turn yellow when ripe. This tree can grow up to 15 feet tall, with beautiful smooth oval leaves.

### Extraction Method:

Bergamot Essential Oil is cold press extracted from the rind of the Bergamot fruit.

**Color:** Usually light yellow to light greenish.

**Consistency:** Thin and runny

**Note:** Top

### Principal Constituents:

Linalool, Nerol, Turpineol, Linalyl Acetate, Bergaptene, Dipentene, Limonene Actions Analgesic, Antidepressant, Antiseptic, Antispasmodic, Carminative, Cicatrisant, Cordial, Deodorant, Digestive, Expectorant, Febrifuge, Insecti-cidal, Sedative, Stomachic, Tonic, Vermifuge, Vulnerary.

### Therapeutic & Emotional Benefits:

Helpful in the uplifting of the spirit. Physical Health Benefits Bergamot is commonly used in treating infections on the mucous membranes of the mouth, throat and respiratory tracts. Bergamot Essential Oil has been found to be use-ful as an Anti-septic against infections caused by organisms such as Gonococ-cus, Staphylococcus, Coli, Meningococcus, and Diphtheria Bacillus.