

Organic Bergamot Essential Oil
(15ml) Stock #: 3840 Regular Price: 47.95 *

Revitalize the body and ease fears with the sweet, tangy, lemon-lime scent of our organically grown Bergamot Essential Oil.

If you enjoy Earl Grey tea, you already like this citrusy aroma.

Revitalize and Overcome

Bergamot has a sweet, tangy citrusy scent used to ease tension and fear.

While technically an orange, bergamot more closely resembles a lime or lemon with a bumpy outer peel that ranges from pale green to yellow. If you've ever sipped a cup of Earl Grey tea, you're familiar with bergamot, which is where the brew gets its citrusy aroma.

Its sweet citrus scent makes bergamot oil ideal for calming nerves and is often used in massage therapy for its soothing effect.

Plus, bergamot oil can keep pests out of your vegetable garden when added to a spray bottle with water.

Benefits:

- Frequently used in massage therapy for a calming effect
- Promotes clear, healthy-looking skin.
- Organically grown

Ingredients:

100% pure organically-grown Citrus x bergamia rind oil from Italy. Cold pressed.

Quality Assured:

NSP scours the globe to find the highest quality plant sources. Hence, our oils often come from small, family-owned farms in developing regions as remote as Tunisia or Madagascar. While these farms follow organic cultivation practices, they simply cannot meet the high costs of Organic certification. We list oils that come from these farms as 'organically grown'.

Botanical supply experts inspect sites to ensure that organic practices are in place and, as with all of our oils, third party and in-house GC/MS testing verifies the materials are pure and free of contaminants like chemical pesticides, herbicides, fertilizers or other adulterants.

Recommended Use:

Essential oils may be used aromatically or topically in a variety of ways including diffusers, massage, compresses, baths, scrubs, lotions and sprays.

Essential oils should be diluted with Nature's Sunshine Massage Oil or Carrier Oil before applying topically.

Bergamot oil can be photosensitizing. Avoid sun exposure after topical application.

Complementary Products:

Flower Essences, Nature's Fresh Enzyme Spray, Aroma Ball Plug-in Diffuser, Carrier Oil, Massage Oil

Aromatherapy Recipes:

"Relaxing Evening Bath"

Ingredients:

- 3 drops Organic Bergamot Oil
- 3 drops Organic Lavender Oil
- 3 drops of either: Sandalwood Oil or Organic Ylang Ylang Oil (or 2 drops Roman Chamomile Oil)

Directions:

- Add essential oils to running bath water.

ESSENTIAL OIL INFUSION



SHAVING LOTION

- ▷ 1 drop Orange
- ▷ 3 drops Bergamot
- ▷ 3 drops Pink Grapefruit
- ▷ 1 Tbsp Hand & Body Lotion

Apply to legs in upward strokes. Wait 10-15 seconds before shaving. Then rinse off remainder.



NATURE'S SUNSHINE®