

# BERGAMOT

## *Citrus Bergamia*

### ***Release and Relax, Uplifting and Cooling***

***Phototoxic:*** avoid exposure to direct sunlight or sunbed rays for 12 hours following application of the diluted essential oil to the skin.

doTERRA's Bergamot Oil is an amazing oil that can be diffused, applied, combined with other doTerra oils and ingested in capsules; Used successfully in all of these ways and has proven effective with individuals who want to feel better emotionally and physically. Can be applied to *vita flex points* on the feet or hands, back, low back, wrists, throat, inside of the arms, bones behind the ears or around the core of tummy.

**Bergamot:** Encourages the release of pent-up feelings— feelings that can lead not only to depression but to insomnia, anxiety and sudden mood swings. It helps in addition, to redirect nervous energy away from unproductive and addictive behavior, helping us to rediscover spontaneity and optimism. Bergamot oil helps us to relax and “let go.”

**Bergamot is:** anti-anxiety, antibacterial (strep and staph infections), antidepressive, anti-infectious, anti-inflammatory, antispasmodic, calmative, carminative, digestive stimulant, intestinal soother, relief of insomnia, helps skin resist scar formation after injury, reduces fevers, insect repellent (mosquitoes, gnats), reduces intestinal parasites, cough relief, gallstone relief, sore throat relief, thrush eliminator, mini-varicose veins eliminated.

Bergamot is gently relaxing, yet distinctly uplifting, effect is the result not only of its beautifully fresh, fruity-floral aroma but the fact that it smoothes the flow of energy. It particularly likes the Liver so I find that many people like to use to heal old anger and resentments that may have been stored there - this is a gentler approach to cleaning up the Liver than the Zendocrine - so in the cases of childhood abuse or multiple addictions we love Bergamot initially and then add Zendocrine for rapid recovery of the Liver.

Bergamot is particularly effective in combination with Coriander, Fennel or Roman Chamomile to aid in “nervous” digestion and loss of appetite due to situations that cause Nervous Eating or Over-eating as an emotional response to an event or a “buried alive” factor.

Bergamot is antiseptic, slightly astringent, deodorizing, healing for wounds, and generally beneficial for the skin. It also helps in cases of dandruff, seborrhea, acne, herpes (lip blisters and genital herpes), shingles, eczema, excessive perspiration (armpits), and unpleasant body odor. Bergamot has a reducing effect on seborrhea,

greasy skin and hair, and oily seborrhea; the same is true for treating acne.

While Bergamot Oil may be used for UTI and skin disorders, its principal therapeutic value rests with its regulating effect on the nervous system.

***Suggestions:***

**Appetite-Suppressing Inhalant:** Bergamot 10 drops, Fennel 5 drops, Patchouli 5 drops; gently blend oils together in glass vial and then pour 10-11 drops into inhaler and keep using throughout the day.

**Stimulating Inhalant for Chronic Fatigue Syndrome:** Bergamot 5 drops, White Fir 4 drops, Coriander 5 drops, Geranium 4 drops, Lemon 4 drops; gently blend oils in glass bottle and then pour 10-11 drops into inhalant and draw in deep breathes several times a day.

**Inhalant For Colds and Flu:** Bergamot 8 drops, Frankincense 4 drops, Ginger 3 drops, White Fir 3 drops, Basil 2 drops, Black Pepper 2 drops, Eucalyptus Oil 2 drops; gently blend in glass bottle and pour 10-11 drops into inhalant and inhale often for relief of symptoms.

**Aggression-Diminishing Diffuser Blend:** Bergamot 12 drops, Geranium 15 drops, Lemon 16 drops, Ylang Ylang 5 drops; gently blend and then add 5-7 drops to Lotus Diffuser or attach whole mixture to side of Ace Diffuser.

**Anger-Diminishing Diffuser Blend:** Bergamot 12 drops, Rosemary 14 drops, White Fir 4 drops, Peppermint 16 drops; gently blend in glass vial and pour 5-7 drops into Lotus Diffuser or attach whole mixture to side of Ace Diffuser.

**Grief-Release Diffuser Blend:** Bergamot 25 drops, Roman Chamomile 15 drops, Cypress 7 drops, Marjoram 6 drops; gently blend in glass vial and pour 5-7 drops into Lotus Diffuser or attach whole mixture to side of Ace Diffuser. Run for 15 minutes per hour when home...

**Fear Combating Diffuser Blend:** Bergamot 20 drops, Clary Sage 20 drops, Cypress 6 drops, Ginger 6 drops and Fennel 4 drops; gently blend in glass vial and pour 5-7 drops into Lotus Diffuser or attach whole mixture to side of Ace Diffuser.

**Sitz Bath For Cystitis:** 1/4 cup Epsom Salts, Bergamot 2 drops, Melaleuca 2 drops, Cypress 1 drop, Thyme 1 drop; add oils to Epsom Salts and pour into dry tub then add warm water to hip deep and stir until blended-then soak for fifteen minutes – several times a day to relieve.

**Self-Confidence Bath:** 1/4 cup Epsom Salts, Bergamot 3 drops, Ylang Ylang 2 drops, Helichrysum 2 drops; add oils to Epsom salts and then add warm water and soak for 15 minutes - am and pm.

**Esteem-Boosting Bath:** 1/4 cup Epsom Salts, Bergamot 2 drops, Cypress 1 drop, Patchouli 1 drop, Ylang Ylang 1 drop; add oils to Epsom salts and then add warm water and soak for 15 minutes - am and pm.

**Soothing Psoriasis Bath:** 2 Cups Epsom Salts, Bergamot 4 drops, White Fir 2 drops, Roman Chamomile 3 drops, Helichrysum 4 drops; add oils to Epsom Salts and then to warm bath - soak for 25-30 minutes 3 -4 times a week until symptoms get relieved and then once a week to heal skin issues.

**Bath Blend For Getting Through Grief:** 1/4 cup Epsom Salts, Bergamot 4 drops, Cypress 3 drops, Marjoram 2 drops; add oils to Epsom Salts - pour salts into dry tub then add water - warm and soak for 10-12 minutes deeply inhaling and allowing pain to float out of the feet for a little while -- use bath a couple times a day.

**Anti-aggression Personal Blend:** 1 tablespoon DoTerra Fractionated Coconut oil, Bergamot 4 drops, Ylang Ylang 3 drops, White Fir 2 drops, Sandalwood 3 drops, Lemon 2 drops; gently blend and apply to sternum, put on hands and rub together and inhale, rub over Liver area or put on Liver Vita Flex points of feet and hands several times a day - breathe deeply and expect to "go with the flow"....

**Joyous Personal Blend:** 1 Tablespoon Fractionated Coconut Oil, Bergamot 4 drops, Wild Orange 3 drops, Rose 2 drops, White Fir 2 drops; gently blend and apply to bones behind ears, put in hands and rub together and inhale deeply.

**Relief of Impatient & Intolerant Feelings:** 1 Tablespoon of doTerra Fractionated Coco-nut Oil, Bergamot 3 drops, Lavender 2 drops and Peppermint 1 drop; gently blend and apply to the area over the Liver (right side below rib cage), vita flex points for Liver and bones behind the ears.

**Relief of Bleek Outlook:** 1 Tablespoon doTerra Fractionated Coconut Oil, Bergamot 2 drops, Patchouli 4 drops, Coriander 6 drops- combine oils, gently blend and apply to bottoms of feet, behind the ears on the bones and on the sternum - breathe deeply...several times a day--choose to feel good!!

**Relief of Bitter and Brooding Thoughts:** 1 Tablespoon doTerra Fractionated Coconut Oil, Bergamot 3 drops, Helichrysum 3 drops, Roman Chamomile 3 drops - gently blend and apply to bottoms of feet, inside the forearms (rub Together), on the bones behind the ears and on the sternum - breathe deeply...several times a day

**Relief of Feelings of Frustration and Negative Thoughts:** 1 tablespoon of doTERRA Fractionated Coconut Oil, Bergamot 4 drops, Wild Orange 4 drops, Sandalwood 2 drops; gently blend and apply & breathe in deeply...

**Relief of Chronic Indecisiveness:** 1 Tablespoon of Fractionated Coconut Oil, Bergamot 3 drops, Clary Sage 2 drops, Wild Orange 2 drops; gently blend and apply to bones behind the ears, the back of the neck, the wrists and inhale deeply.

**Cold Sore Compress:** 1 pint (16 oz.) cold or ice water, 1 teaspoon Epsom Salts Bergamot 2 drops, Lemon 1 drop, Melaleuca 2 drops; Pour the water into a 1-quart glass bowl, add the essential oils to Epsom Salts and then mix into cold water. Soak clean cloth in the water to make a compress; apply the compress to the affected area. Repeat frequently for relief.

**Healing Oil for Herpes:** 2 Tablespoons Fractionated Coconut Oil, Bergamot 3 drops, Wild Orange 3 drops, Myrrh 2 drops, Melaleuca 2 drops; Mix all the ingredients together in a clean container, Apply the oil blend to the affected area after treatment with a Cold Sore Compress.

**Urinary Tonic Blend:** 2 Tablespoons Fractionated Coconut Oil, Bergamot 3 drops, Frankincense 2 drops, Sandalwood 2 drops; gently mix and apply over the bladder and kidney areas twice daily or as needed.

Resources we use on a regular basis:

Modern Essentials, Abundant Health, LLC, 2009

Healing Oils of The Bible, David Stewart, 2005.

Aromatherapy in Medicine, Jacque du Preneau, 1908.

Aromatherapy, Essential Oils for Vibrant Health and Beauty, Roberta Wilson, 2002

Clinical Aromatherapy, Essential Oils in Practice, by Jane Buckle ,RN,PhD.,2003

Aromatherapy Handbook for Beauty, Hair and Skin Care, by Erich Keller, 1992

Aromatherapy For Healing The Spirit, by Gabriel ojay, 1997

The Art of Aromatherapy, Robert Tisserand, 1995

{[www.Aromatools.com](http://www.Aromatools.com)} for: Spritzers, Books, Bags, Tools etc.

NOTE: The advice shared in this document has not been evaluated by the FDA. The products and methods recommended are not intended to diagnose, treat, cure or prevent any illness or disease, nor is it intended to replace proper medical help. Kindly understand that essential oils work to help to bring the body into balance - thus helping the body's natural defenses to restore homeostasis. Essential oils are not used to "treat" medical problems. This document was researched and prepared as a beginning for new people to doTerra's CPTG Essential Oils by Dr. Susan Lawton. If you have questions about our next oil presentation you may send questions to: [slawton1@optonline.net](mailto:slawton1@optonline.net) . That way we will cover the answers during the presentation – there will be NO individual responses. Thank you for your sharing with others. Next week we will cover Helichrysum.