



Bergamot Essential Oil

Product Summary

Bergamot essential oil is a popular and versatile oil derived from the peel of the bergamot orange (*Citrus bergamia*), a small citrus fruit. The bergamot orange is primarily grown in regions with a Mediterranean climate, such as southern Italy and parts of southern France.

The oil is extracted through a process called cold-pressing, where the oil is obtained by mechanically squeezing the peel to release its aromatic compounds. The result is a highly fragrant, clear to pale yellow essential oil with a sweet and citrusy aroma.

Research:

Bergamot:

<https://pubmed.ncbi.nlm.nih.gov/?term=bergamot+essential+oil>

Uses and Benefits

- **Aromatherapy:** The pleasant scent of bergamot essential oil is commonly used in aromatherapy to promote relaxation, reduce stress, and uplift mood. Inhaling the oil's aroma is believed to have a positive effect on emotional well-being.
- **Mood enhancer:** Bergamot oil is often used as a natural mood enhancer and is believed to help alleviate symptoms of anxiety, depression, and fatigue. Its aroma may stimulate the release of certain neurotransmitters, such as serotonin and dopamine, which are associated with positive emotions.
- **Antiseptic properties:** Bergamot oil contains compounds that have natural antiseptic and antibacterial properties. This makes it a valuable addition to skincare products and can help cleanse and protect the skin from harmful microorganisms.
- **Skin care:** Due to its antiseptic properties, bergamot essential oil is used in various skincare products to address skin issues such as acne, oily skin, and blemishes. It can help unclog pores, balance sebum production, and reduce inflammation.



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- Digestive support: Some people use bergamot oil to aid digestion and soothe gastrointestinal discomfort. It may help relax the muscles of the digestive tract and improve overall digestive function.
- Relaxant and sleep aid: The calming effects of bergamot oil make it useful for promoting relaxation and improving sleep quality. Diffusing the oil or adding a few drops to a warm bath before bedtime may help induce a sense of calm and aid in falling asleep.

Responsible cautions

- It's important to note that while bergamot essential oil offers several potential benefits, it should be used with caution. The oil contains compounds called furanocoumarins, which can increase the skin's sensitivity to sunlight and may cause photosensitivity or skin irritation when applied topically. If using bergamot oil on the skin, it's essential to dilute it properly and avoid sun exposure for at least 12 hours after application.
- As with any essential oil, it's advisable to consult with a qualified aromatherapist or healthcare professional before using bergamot essential oil, especially if you have any medical conditions or are taking medications. Pregnant and nursing women should also exercise caution when using essential oils.

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