

# Bergamot Pure Essential Oil

## 25mL

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### Description

This oil brings joy, confidence and motivation.

Also useful for: Sore throat, stress, irritability and sleeplessness

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### How to use this product

#### Vaporisation

*Create your own personal aromatic environment and balance emotional wellbeing.*

HOW: Choose 3 essential oils. Add a total of 5 drops to the water your Oil Garden diffuser. As the mist rises it carries the pure essential oil particles into the surrounding air.

#### Massage

*Nourish and rejuvenate the body while experiencing the healing benefits of pure essential oils.*

HOW: Choose 3 essential oils. Add a total of 5 drops of essential oil to 10 ml of carrier oil and gently massage over the skin. The oils are absorbed into the body via the hair follicles working from within to improve general wellbeing.

#### Spritz

*Refreshing and reviving to both skin and mind.*

HOW: Choose 3 essential oils. Add a total of 5 drops to a 100ml spritz bottle filled with water. Shake well before spritzing the face and surrounding air. Avoid eye area.

#### Inhalation

*Treat minor ailments and hydrate the skin.*

HOW: choose 3 essential oils. Add a total of 5 drops to a bowl of hot steamy water. Place a towel over your head and inhale deeply for 10 minutes. The essential oil molecules are absorbed via the respiratory system into the body.

Avoid using in direct sunlight

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### Ingredients

Citrus aurantium var bergamia fruit peel 1mL/mL

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## Recipes

### FLUID RETENTION:

To help with sore feet after standing all day mix the recipe below into 1tbs of Jojoba oil and MASSAGE onto affected area.

1 drop Juniper Berry

2 drops Bergamot

2 drops Grapefruit

### MILD UPSET:

To calm unsettled nerves, VAPORISE.

1 drop Cedarwood

2 drops Bergamot

2 drops of Lavender