



Bergamot Essential Oil

by
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Bergamot Essential Oil

Bergamot has a refreshing light citrus scent, it's good for lifting depression and for treating skin problems and more..

About Bergamot

Bergamot has a light refreshing citrus scent. It has antiseptic, anti-depressant, anti-viral, analgesic and antispasmodic properties which make it a versatile oil. It is particularly good at lifting low moods and relieving tension so makes a good natural anti-depressant and stress reliever.

Bergamot is also great for relieving skin problems such as acne, it can also be used to boost appetite where this is low.

You can also use Bergamot to relieve symptoms associated with cystitis due to its stimulating beneficial effects on the liver, stomach and spleen coupled with its antiseptic properties which are beneficial in relieving the symptoms of urinary tract infections such as cystitis.



Healing Properties Of Bergamot Essential Oil

Bergamot essential oil has the following healing properties:

Properties

Antiseptic, anti-depressant, anti-viral, analgesic, antispasmodic and tonic.

- **Antidepressant** - can help to lift low mood and calm and relax the mind.
- **Skin** – can help alleviate symptoms of skin conditions such as acne, eczema and psoriasis due to its antibacterial and antiseptic properties.
- **Pain and Inflammation** – Bergamot can help reduce pain and inflammation.
- **Lowers cholesterol** – Can be beneficial in lowering cholesterol.
- **Urinary tract infections**- can be used to relieve symptoms associated with urinary tract infections such as cystitis.
- **Fatigue** – due to its stimulating properties it can help relieve the feelings of fatigue.



Ways to use Bergamot Essential Oil

Diffuse

- Bergamot essential oil can be used in diffusers or oil burners. Using Bergamot essential oil in this way is particularly beneficial in relieving symptoms associated with SAD, PMS, Depression and low mood. It can also relieve respiratory conditions such as colds and flu.

Diffuse 1 - 3 drops of Bergamot essential oil in an oil burner or diffuser.

Bath

- Bergamot essential oil can be added to a warm bath to relieve stress and tension and soothe skin conditions such as acne, eczema and psoriasis

Add 1 - 3 drops of Bergamot essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Cream

- Adding a few drops of Bergamot to a base cream is a great way of harnessing Bergamot's antiseptic and antibacterial properties to treat minor cuts and scrapes and to soothe skin conditions such as psoriasis, eczema, cold sores, acne scabies and chickenpox. It can also help to dry out oily skin.

Add up to 12 drops of Bergamot essential oil to 30 ml of base cream.

Massage

- Massage is a great way of relaxing the body and mind, it can help to improve low mood, anxiety and depression and symptoms associated with SAD and PMS

Adults - up to 7 drops of Bergamot essential oil in 1 tbsp of carrier oil.

Children over 2 years old - up to 3 drops of Bergamot essential oil in 1 tbsp of carrier oil.



Blends

Whilst most essential oils can be used together, some oils can overpower other oils. Bergamot goes particularly well with oils such as:

- Black pepper
- Clary sage
- Cypress
- Frankincense
- Geranium
- Jasmine
- Mandarin
- Nutmeg
- Orange
- Rosemary
- Sandalwood
- Vetiver
- Ylang-ylang



Side Effects

As with all essential oils Bergamot should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Bergamot can cause skin irritation or allergic reactions in some people.

As with all citrus oils you should avoid exposure to the sun or using a sunbed for about 12 hours after using Bergamot as it can cause skin pigmentation problems.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian
Health & Well-Being Powered By Nature



Find out more at

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