



## BERGAMOT - 15 ML

Bergamot (*Citrus bergamia*) has the fresh, sweet, citrus scent that is familiar to many as the flavoring in Earl Grey Tea. Uplifting and relaxing, it is good for building confidence and enhancing your mood. It has a long history of use for oily and troubled skin.

Additional References for Bergamot:

- [HerbalGram](#) - Access the archives of the peer-reviewed journal of the American Botanical Council.
- [HerbMedPro](#) - Hyperlinked access to the scientific data underlying the use of herbs for health.

How to use: Diffuse or apply to temples and forehead. May be added to food or rice milk as a dietary supplement.

Caution: Bergamot is very photosensitive and should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 48 hours. If pregnant or under a doctor's care, consult your physician.

Ingredients:

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.