
TOP 10 USES FOR BERGAMOT OIL

- 1. Sleep:** Diffuse before bed in a diffuser to help you overcome resistance to sleep. Finally get the sleep you long for.
- 2. Skin:** Alleviate skin infections. Skin bath soak: 2 cups Epsom salt, 4 drops Bergamot, 2 drops White Fir, 3 drops Roman Chamomile, and 4 drops Helichrysum. Soak for 25-30 minutes several times a week.
- 3. Appetite:** Like most citrus oils, Bergamot helps you balance your appetite again. Simply diffuse Bergamot or add 1 drop into warm water and drink as a cleansing tea.
- 4. Joint Support:** Alleviates sore and uncomfortable joints. Simply dilute with Fractionated Coconut Oil and massage on joints as needed.
- 5. Muscle Cramps:** Relieve muscle spasms following surgery. Mix equal portions of Bergamot, Roman Chamomile, Frankincense, and Fractionated Coconut Oil mixed in a roller bottle and rub on areas of concern.
- 6. Sore Throat:** Ease soreness in an occasional sore throat. Drink or gargle a few drops of Bergamot oil when you have a sore throat. Consider combining with Clove essential oil.
- 7. Digestion:** Gently detox your gastrointestinal intestinal track. Rub diluted Bergamot oil on your tummy or bottom of your feet to support digestion.
- 8. Self Confidence:** Add a few drops of Bergamot oil in your necklace diffuser to boost your confidence in you.
- 9. Grieving:** Cypress, Marjoram, and Bergamot can be mixed together and diffused to help those who are going through grief. It is important that we pass through sorrows and resolution.
- 10. Optimism:** Sometimes it is hard to stay positive. Bergamot helps lift your spirit and reminds you to see the brighter side of life.

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

