

Bergamot Mint

Mentha citrata 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Oil Attribute Panel: **A** **T** **N**

Plant Part: Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Lavender-like, slightly minty

Main Chemical Components: Linalool, linalyl acetate

PRIMARY BENEFITS

- Creates a comforting atmosphere
- Relaxing and restorative aroma
- Blends well with citrus oils, Basil, Geranium, Lavender, Rose, and Ylang Ylang

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Part Number: 60214384

Wholesale: \$17.00

Retail: \$22.67

PV: 17

PRODUCT DESCRIPTION

This essential oil comes from a flowering, perennial herb with violet flowers and heart-shaped leaves. A sun-loving plant, sometimes called orange mint, Bergamot Mint is a member of the *Lamiaceae* or mint family. Similar to Lavender, the major constituents of Bergamot Mint, linalool and linalyl acetate, may help manage occasional restlessness according to various essential oil studies. Perfect for diffusing after a hard day or at bedtime, it can also be added to Fractionated Coconut Oil for a comforting and soothing after-workout massage. Bergamot Mint's lavender-like, minty aroma complements a warm bath and makes it more relaxing. This versatile oil clears the air of unpleasant odors and can even be used as a surface cleaner.

USES

- Diffuse day or night for a soothing atmosphere.
- Add to a carrier oil for a comforting massage.
- Use in a relaxing bath.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

