



# BERGAMOT

## Revitalize and Overcome

Bergamot is a sweet, tangy, citrusy scent used to ease tension and fear. While technically an orange, Bergamot fruit more closely resembles a lime or lemon with a bumpy outer peel that ranges from pale green to yellow. If you've ever sipped a cup of Earl Grey tea, you're familiar with bergamot, which is where the brew gets its citrusy aroma.

Botanical name: *Citrus x bergamia*

Origin: Italy

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## BENEFITS

- Is used frequently in massage therapy for a calming effect
- Promotes healthy looking, clear skin
- Is organically grown

## INGREDIENTS

100% pure organically grown *Citrus x bergamia* rind oil, cold pressed from Italy.

## RECOMMENDED USE

Essential oils may be used aromatically or topically in a variety of ways including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature's Sunshine Massage Oil or Carrier Oil before being applied topically.

Bergamot oil can be photosensitizing. Avoid sun exposure after topical application.

## COMPLEMENTARY PRODUCTS

Flower Essences, Nature's Fresh Enzyme Spray, Aroma Ball Plug-in Diffuser

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Product Stock Number: **3840-8 (15 ml)**

NATURE'S SUNSHINE®