

# Bergamot Organic Essential Oil



**Certified Organics:** All of our Certified Organic Essential Oils are from the carefully selected stock at our Head Office in Australia. They are recognized as Certified Organic Processors and their oils have all been certified under the world renowned BFA Organics Standard. Chemicals such as pesticides, fungicides and fertilizers are prohibited. Instead, the products are cultivated using traditional farming methods. Soil fertility is built, and natural systems are worked with, not against; there is minimal, if any damage to the environment, and most importantly, Mother Nature is being respected.

**Botanical Name:** *Citrus bergamia*

**Main Constituents:**

**linalyl acetate:** 31.9%

**Plant Part:** Fruit Peel

**Origin:** Italy

**Processing Method:** Cold Pressed

**Description / Color / Consistency:** A thin, light yellowish green to yellowish brown liquid.

**Aromatic Summary / Note / Strength of Aroma:** The aroma is basically citrus, yet fruity and sweet with a warm spicy floral quality, and is reminiscent of Neroli, giving a middle note of medium strength.

**Blends With:** Black Pepper, Clary Sage, Cypress, Frankincense, Geranium, Jasmine, Mandarin, Nutmeg, Orange, Rosemary, Sandalwood, Vetiver and Ylang-

ylang.

**Product Abstract:** The Bergamot tree can grow up to four meters high, with star-shaped flowers, and smooth leaves, bearing citrus fruit resembling a cross between an orange and a grapefruit but in a pear-shape. The fruit ripens from green to yellow. The Bergamot tree can grow up to four meters high, with star-shaped flowers, and smooth leaves, bearing citrus fruit resembling a cross between an orange and a grapefruit, but in a pear shape. The fruit ripens from green to yellow. The name Bergamot is derived from the city Bergamo in Lombardy where the oil was first sold.

**Cautions:** Organic Bergamot Essential Oil has phototoxic properties and exposure to the sun must be avoided after application to the skin. Due to the presence of bergaptene in this oil, please consult a physician prior to using it. Dilute well before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

**IMPORTANT:** All of our products are for external use only.

In addition, please read & understand appropriate technical, material safety data sheets and disclaimers before using this or any other Rasheed product.

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The health benefits of Bergamot Essential Oil can be attributed to its properties as a deodorant, vulnerary, vermifuge, antibiotic, antiseptic, antispasmodic, sedative, analgesic, antidepressant, disinfectant, febrifuge, cicatrisant, and digestive substance.

Bergamot is a citrus fruit whose rind is used for extracting the Bergamot Essential Oil. The scientific name of bergamot is Citrus Aurantium var. or Citrus Bergamia. It is a tropical plant, but thrives in Europe as well. Its powerful aroma makes it a popular component in many perfumes, and it is often used as the all-important “top note”. It is derived through cold compression, opposed to the steam distillation of many other essential oils. One of the most common applications that you may not be aware of is its use in black tea. The inclusion of bergamot essential oil in regular black tea is then given a different name – Earl Grey!

The chemical composition of Bergamot Oil includes Alpha Pinene, Alpha Bergapten, Alpha Terpeneol, Limonene, Linalool, Linalyl Acetate, Nerol, Neryl Acetate, Beta Bisabolene, Geraniol, Geraniol Acetate and Myrcene.

Bergamot Oil has a very sweet smell and a number of medicinal and industrial uses due to its properties, many of which are listed below.

#### **Health Benefits of Bergamot Essential Oil**

**Antidepressant & Stimulant:** The components of Bergamot Oil, like Alpha Pinene and Limonene, are antidepressant and stimulating in nature. They create a feeling of freshness, joy and energy in cases of sadness and depression by improving the circulation of the blood. They also stimulate hormonal secretions, thereby helping to maintain proper metabolic rates. This stimulating effect also increases the secretion of digestive juices, bile and insulin, thereby aiding digestion, proper absorption of nutrients, assimilation and decomposition of sugar and the resultant lowering of blood sugar. The hormonal impact of bergamot essential oil is part of the reason that it is so powerful on these neurological and mental conditions.

**Antibiotic & Disinfectant:** Certain components of the essential oil of Bergamot are antibiotic and disinfectant in nature. They inhibit the growth of germs, virus and fungi. They also effectively prohibit infections, including those of the skin. If regularly used with bathing water or in soaps (it is already used extensively in skin care soaps), the skin and hair remains protected from infections and become shiny. It also cures infections of the colon, intestines, urinary tract and kidneys.

**Analgesic:** Bergamot essential oil reduces the feeling of pain in the body. Actually, it stimulates secretion of certain hormones which lessen sensitivity of nerves to pain. Therefore, it is very helpful in case of headaches, sprains, muscle aches or any other symptoms or ailments which require a heavy dosage of analgesic pills. This means that you can avoid the dangerous side effects of many over the counter pain medicines, which

often have adverse side effects and can do damage to your liver and kidneys when relied on heavily, as well as thinning your blood, or causing you to lose sleep.

**Relaxant & Sedative:** The flavonoids present in Bergamot oil are very good relaxants as well. They soothe nerves and reduce nervous tension, anxiety, and stress, all of which can help cure or treat ailments associated with stress such as sleeplessness, high blood pressure, insomnia, and depression. They can also stimulate the activity of certain hormones in the body, which induce feelings of relaxation and sedation, like dopamine and serotonin.

**Digestive:** As discussed above, bergamot essential oil activates and increases secretions of the digestive acids, enzymes and bile and facilitates digestion. It also synchronizes and regulates the peristaltic motion of the intestines and in this way, it quickens the digestive process and reduces strain to the intestinal tract. In this way, bergamot essential oil can reduce constipation, make bowel movements more regular, and prevent gastrointestinal complications like colorectal cancer and other uncomfortable or dangerous conditions.

**Cicatrissant:** This property of bergamot oil is the reason behind its extensive use in cosmetics and skin care products such as beauty soaps, creams, and lotions. Cicatrissant means a property or an agent which helps scars and other marks on the skin to disappear. It also makes the distribution of pigments and melanin even and uniform, resulting in the fading away of marks and an even, attractive skin tone. This essential oil is commonly used to eliminate the unsightly effects of acne, which can leave noticeable scars and marks on the affected areas for many years.

**Deodorant:** This property of bergamot oil makes it popular with the younger generation who is always trying the new deodorants on the market, desperately searching for something truly refreshing and natural. Bergamot essential oil is an excellent deodorant. Its refreshing aroma and disinfectant properties, which inhibit growth of germs causing body-odor, make it an effective and attractive delivery system as a deodorant. Citrus smells are very powerful, and can overcome or eliminate many other odors that people smell in a certain area, which is why bergamot oil is also used in room fresheners and sprays.

**Febrifuge:** A febrifuge is a substance or an agent that reduces fever and lowers body temperature. Bergamot is a good febrifuge for a number of reasons. First of all, as an antibiotic, it fights infections that arise from viruses, bacteria and protozoa that cause fever, including influenza (virus), malaria (protozoa) and typhoid (typhus bacteria). Secondly, it stimulates the metabolic system and gland secretions, thereby providing a feeling of warmth and resulting in additional secretion (perspiration or sweat) from the Eccrine glands (sweat glands) and sebaceous (sebum) glands, thus reducing body temperature. This can also reduce toxicity of the body through perspiration, and clean out the glands and pores of any foreign toxins that can result in a variety of skin conditions.

**Vermifuge:** It kills worms, and it is a subtle and fragrant choice for children who have contracted worms. It can also be applied on unhealthy, infected teeth or used as a mouthwash to kill oral germs and protect teeth from the development of cavities. Intestinal worms can result in malnourishment and other serious deficiencies including various forms of anemia, so eliminating these worms, particularly in growing children, is a very important application of bergamot essential oil.

**Antispasmodic:** It relaxes nerves and muscles, thereby giving quick relief for cramps, convulsions, and painful muscle contractions. This can also be important for people with chronic coughing or respiratory conditions, as well as asthma, which is similar to a spasmodic reaction.

**Antiseptic & Vulnerary:** The same disinfectant and antibiotic properties of bergamot oil make it a good antiseptic and vulnerary agent. It not only promotes fast healing of wounds, cracks on the skin and heels, ulcers, eczema, and itching, but it also protects wounds from becoming septic and developing deadly tetanus. It not only treats and heals the effects of other infections, but inhibits the formation of new infections.

**Other Benefits:** Bergamot essential oil is also a tonic, meaning that it tones up the respiratory, circulatory, digestive, excretory, and nervous system, as well as skin and muscles. It is also anticongestive and is used in vaporizers to relieve congestion and respiratory problems, particularly during coughs and colds. It works as an expectorant to loosen up phlegm and mucus in the respiratory tracts and helps the body to eliminate through natural avenues like sneezing and productive coughs, thereby reducing the total amount of material and eliminating some of the germs and

toxins that caused the condition in the first place.

Although research has been limited on some of these issues, the respiratory and digestive effects of bergamot essential oil may be even more extensive than originally thought. Ongoing studies show that application of bergamot essential oil may be able to eliminate the formation of gall stones and protect against colic, halitosis, bronchitis, and diphtheria.

A Few Words of Caution: Bergamot oil must be protected from sunlight, because bergaptene, one of its components, becomes poisonous if exposed to sunlight. That is why the oil should always be stored in dark bottles in dark places. Exposure to sunlight should even be avoided after it is applied or rubbed onto the skin, at least until it absorbs into your skin.

Blending: Bergamot Oil blends with Clary Sage, Frankincense, Mandarin, Jasmine, Black Pepper, Cypress, Geranium, Nutmeg, Sandalwood, Orange, Rosemary, Vetiver and Ylang-Ylang Oil. It is particularly complementary with other citrus oils.

[Home](#)