

## 10 ml Bergamot (FCF) Essential Oil



**Brand:** Ancient Wisdom

**Product Code:** EO-14

**Availability:** 10

**Weight:** 0.04kg

**Price:** £3.25

### Description

Latin Name : Citrus Bergamia. Part Of Plant Used : Fruit Peel Source : Ivory Coast. Extraction Method : Cold Expression. Bergamot Essential Oil is extracted by expression from the ripe as well as unripe fruits of the bergamot orange tree. This essential oil that smells citrus-like yet sweet, is great for creating a relaxed and happy feeling. It is useful in the treatment of urinary tract infections, skin troubles, and boosts the functions of the liver, spleen and stomach. Bergamot essential oil is used in aromatherapy to treat depression, stress, tension, low self-confidence, fear, and hysteria. It is useful in healing skin infections like general wounds, psoriasis, cold sores, and eczema. This oil is said to help those suffering from SAD (Seasonal Affective Disorder), PMS, compulsive eating, postnatal depression, colds, and flu. Bergamot oil is a favourite in aromatherapy and is used in vaporisers, massages, and blended into bath water. Experts advice caution when using this oil on sensitive skin if it is exposed to sunlight after application, as this may cause burns. Keep out of the sun if this oil has been used on the skin. The name Bergamot is derived from the city Bergamo in Lombardy, Italy, where the oil was first sold. It has been grown since the 16th century in the Mediterranean countries like Italy and Greece. It's been used in the perfume and food industries (Earl Grey tea) for a long time. While essential oil has begun to be extracted more recently, the fruit, and its essence and flavour have been used in traditional medicine for hundred of years.