

Bergamot

Emotions	calming, confidence building, invigorates, refreshes, relaxes, uplifts spirits
Uses	abrasions, abscess-external/weeping , abscess-mouth, acne , acne w/pustule, addiction , anal itch, angina , animal bite, anxiety, apathy , appetite-to reduce , bad breath , bed sores, bladder infection , bladder-inflammation of the mucous membrane , boils , carbuncles, chicken pox, circulation problems, cold/flu, cold sores , colic , colitis , concentration, convalescence, cystitis-pain w/urination , deodorant , depression , digestive problems , disinfectant , diphtheria , eczema , eczema-burning and hot, eczema-nervous, eczema-weeping , emotional crisis, fainting , fear, fever , flatulence , gall stones , genitals-male-mucus discharge , gonorrhea effects , grazes, gums-infection, hair-greasy , herpes simplex , high blood pressure, human bite, hysteria, indigestion/dyspepsia , insomnia , intestinal infection , jet lag , laryngitis, leukocytosis stimulant , measles , memory enhancement, menopause, menopause-depression, menstrual pain/dysmenorrhea , mood swings , muscle-after workout, muscle-after workout sauna, muscle-after workout shower, muscle-cramps , muscle-spasm , nervous exhaustion/fatigue, nervous tension , nervousness , pain relief , Parkinson's disease, pelvic inflammatory disease, pelvic pain syndrome, PMS-apathetic/depression/irritability/ moodiness /violent/weepy, pregnancy-post natal , pregnancy-post natal depression , psoriasis , pruritus/itching , ringworm , scabies , shingles, skin-after sun, skin-blackheads, skin-greasy, skin-infection, skin-inflamed , skin-itching, skin-normal , skin-oily , skin-whiteheads, stomachache, stress-emotional/environmental/mental/performance/physical , tonsillitis , uplifting, urinary tract infection , vaginal discharge , varicose veins , viral infection , wounds, worms
Properties	analgesic , anthelmintic, antibacterial , antibiotic, antidepressant , anti-inflammatory , antipruritic, antiseptic , antispasmodic, antiviral , aperitif, astringent , calmative, carminative, cicatrisant, deodorant, digestive, diuretic, expectorant , febrifuge, insecticide, laxative, rubefacient, stimulant, stomachic, tonic, vermifuge, vulnerary.
Constituents	a-pinene, sabinene, b-pinene, myrcene, para-Cymene, limonene, 1.8-cineole, a-terpineol, linalool, terpinenon-4, neral, linalyl acetate, geranial, geranyl acetate, neryl acetate, a-bergaptene, B-bisabolene, caryophyllene.
Scent/Note/Viscosity	sweet, light, green fruity, fresh citrus with spicy floral undertones; top note; color ranges from green to greenish-yellow; watery viscosity.
Best Mixed With	Black Pepper, Chamomile, ClarySage, Cypress, Frankincense, Geranium, Helichrysum, Jasmine, Juniper, Lavender, Lemon, Mandarin, Nutmeg,

Orange, Rosemary, Sandalwood, Ylang Ylang (Coriander, Neroli, Ormenis Flower, Vetiver)

Warning Phototoxic (wait 24 hours before exposure to sun/sunlamp)

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