



Bergamot Bio*

(*Citrus Bergamia*)

*(Biologic/Eco-Cert Organic)
Stock #3900-5 (5 ml.)

Bergamot is a popular essential oil among aromatherapists, valued for its use in soothing digestive problems, relieving flatulence and restoring a healthy appetite. The oil's antispasmodic properties also make it helpful for easing colic. Bergamot oil is often used in the treatment of skin problems such as acne; however, applying bergamot neat (undiluted) on the skin may cause irritation. In addition, the psychological effects of bergamot include a mild sedating and antidepressant actions, which help to relieve anxiety and insomnia, as well as melancholia.^{1,2}

Bergamot oil contains the ester linalyl acetate, a compound that provides antispasmodic, calming, antifungal and antiviral properties. Bergamot is also regarded as an immune stimulant, which is capable of increasing levels of lymphocytes. Added to bath water, bergamot's antiseptic properties make it useful for treating vaginal infections.²⁻⁴

Of course, bergamot oil is also employed as a gentle antidepressant, providing an uplifting effect that is beneficial for states of depression and weepiness associated with PMS. Bergamot oil is often used to relieve stress and tension and relax muscle spasms.³⁻⁵

Scientists at the University of Messina, Italy have confirmed that the essential oil of bergamot (*Citrus bergamia*) contains a substance that demonstrates significant cardiovascular properties, providing a protective effect against coronary spasm and arrhythmias, and both protective and suppressive effects on ventricular arrhythmias, in animal studies.⁶

Research from animal studies suggests that bergamot essential oil should not be used by individuals with a history or showing symptoms of melanoma. In addition, bergamot contains the furanocoumarin bergapten, which causes a phototoxic effect when skin treated with bergamot is exposed to ultraviolet light sources such as natural sunlight or tanning bed radiation. Skin reactions can vary from pigmentation of the skin to severe full-thickness burns.^{1,2,6}

References:

- 1 Damian, P. and Damian, K. *Aromatherapy: Scent and Psyche*. Rochester, VT: Healing Arts Press, 1995.
- 2 Schnaubelt PhD, K. *Advanced Aromatherapy*. Rochester, VT: Healing Arts Press, 1995.
- 3 Buckle RGN, J. *Clinical Aromatherapy in Nursing*. San Diego, CA: Singular Publishing Group Inc., 1997.
- 4 Bown, Deni. *Encyclopedia of Herbs & Their Uses*. NY, NY: Dorling Kindersley Inc., 1995.
- 5 Chevallier, A. *The Encyclopedia of Medicinal Plants*. NY, NY: Dorling Kindersley, 1996.
- 6 Occhiuto, F. and Circosta, C. "Cardiovascular Properties of the Non-Volatile Total Residue from the Essential Oil of *Citrus bergamia*." *International Journal of Pharmacognosy*, 1996, 34(2).