

*Encouraging &  
Confidence  
Building*



PRIMAVERA®



DIY

Recipes with

# *Organic Bergamot*



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# Organic Bergamot

Bergamot essential oil is unique in that it has a dual effect of being both encouraging and stimulating as well as calming and relaxing.

## Fragrance Profile

Fresh, green, and fruity

## Benefit

Releases tension and anxiety, has a mood-enhancing and vitalizing effect.

### "LIGHT PROVIDER"

#### Bath Oil

- 50 ml Organic Sweet Almond Oil
- 6 drops of Organic Bergamot
- 3 drops of Neroli 10%

Mix the drops of essential oils into the almond oil and blend well. Pour 4 tbsp. of bath oil into bath water or use 2 tbsp. for a soothing footbath.

### "ENERGY BOOST"

#### Blend

- 3 drops of Organic Bergamot
- 4 drops of Organic Lemon
- 1 drop of Organic Silver Fir

When feeling tired or fatigued, add the blend to your favorite fragrance warmer, diffuser or aroma stone.



*Citrus bergamia*



DIY

