

## Product Information and Traditional & Alternative Uses

This undiluted, wild-crafted essential oil is created from the peel of the Bergamot citrus fruit. In traditional Chinese medicine, it has a long history of being used to help the flow of vital energy primarily for the proper functioning of the digestive system. When used as a flavoring agent, it offers many digestive benefits and is used with black tea commonly called Earl Grey tea.

- |                               |                              |                          |
|-------------------------------|------------------------------|--------------------------|
| <b>1</b> VITILIGO             | <b>5</b> SKIN CARE           | <b>9</b> MOOD ELEVATION  |
| <b>2</b> INTESTINAL WORMS     | <b>6</b> INFECTIONS          | <b>10</b> CONGESTION     |
| <b>3</b> PROTECT AGAINST LICE | <b>7</b> CLEANING            | <b>10</b> ANTIDEPRESSANT |
| <b>4</b> ANXIETY              | <b>8</b> HORMONAL SECRETIONS |                          |

### Primary Action - Stimulating & Toning:

**ENHANCE MOOD/DEPRESSION/HORMONAL SUPPORT/ANXIETY:** Add five drops to Aeroma plus or 10-15 drops to Aeroma Pure diffuser and diffuse throughout the day. Apply 2-3 drops to the back of the neck, temples, and abdomen.

**INTESTINAL WORMS:** Apply 2-5 drops to the abdomen area and massage gently until the oil has fully absorbed.

**SKIN CARE/REDUCE SCARING:** Add ten drops to two scoops of star flake bath salt, mix well, add to your bath, and soak for 30-40 minutes. Apply 1-2 drops directly on the area. Perform friction type massage to enhance the effects.

**CONGESTION:** Add five drops to Aeroma plus or 10-15 drops to Aeroma Pure diffuser and diffuse throughout the day.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

\*\*Consult your primary care provider before making any changes to your current dietary regimen. Many essential oils may enhance or decrease the effectiveness of prescription drugs.

