

Bergamot Uses

Emotional/Stress Relief

In your diffuser: 3 drops Bergamot, 3 drops Frankincense, 3 drops Lemon

In your hands: apply 3 drops of Bergamot and cup towards nose/mouth\*

* for this remedy, dilute and test a little of the oil on your hand to ensure no unknown skin sensitivity exists

\*do not touch to eyes, wash hands after use

Exfoliating Body Polish

Mix:

* 5-6 drops of Bergamot
* 1 cup cane sugar
* 1 cup freeze-dried strawberries
* ¾ cup extra virgin coconut oil
* 1 tbsp. vanilla extract

Source: pinterest.com and doterra.com