

SUPPORT ESSENTIALS

USING ESSENTIAL OILS IN YOUR NEURODIVERSE HOME



Bergamot

Citrus Bergamia

SUPPORT CATEGORIES:

(See Key at Bottom of Page)



*Available in a 15ml
bottle with dripolator*

MAIN CHEMICAL COMPONENTS: *Limonene, linalyl acetate*

AROMATIC DESCRIPTION: *Citrusy, spicy, with a light floral note*

BLENDS WELL WITH: *Lavender, Patchouli, Lime and
Arborvitae essential oils*

De-stress and unwind with the calming, citrusy aromas of Bergamot essential oil. Bergamot oil is extracted from the rind of the fragrant citrus fruit that grows on bergamot orange trees in the Reggio Calabria province of Italy.

Bergamot essential oil contributes to helping reduce symptoms of stress and anxiety and is also used in massage therapy for its calming benefits. It can be used to flavour food and beverages but is best diffused as its scent provides a relaxing yet uplifting aroma.

THE ESSENTIAL OIL SUPPORT CATEGORIES FOR NEURODIVERSITY

C CALMING &
GROUNDING

R REST &
RELAXATION

M MOOD
MANAGEMENT

F STAYING
FOCUSED