

# Bergamot Citrus bergamis

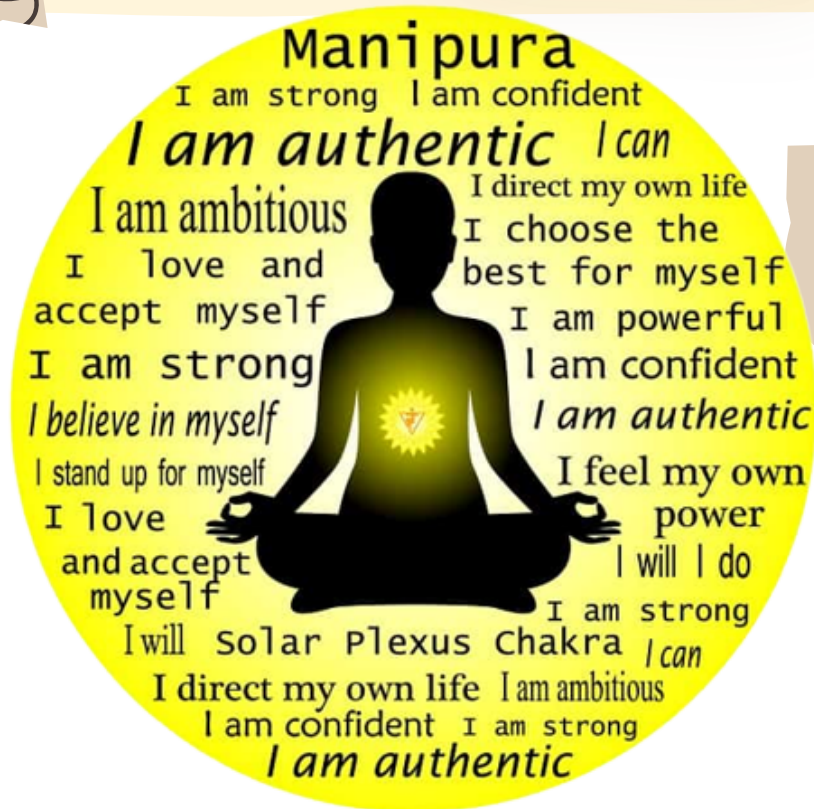
## Properties

Body

- Calming, sedative +++
- Antiseptic and purifier ++
- Digestive stimulant, carminative++
- Antispasmodic++

Mind

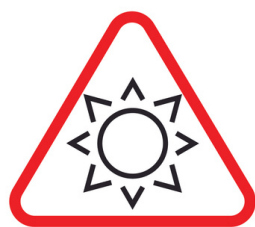
- Inner Light



**Chakra:** Solar Plexus

**Odour:**  
Pleasant, fresh (HEAD NOTE)

**Chemistry (main)**  
Esters 20-35%  
Monoterpenes 50%



## USAGE

**Digestive system:** colic, constipation, colitis, infections, lack of appetite, slow digestion, dyspepsia, spasms, fights parasites



**Skin system:** acne, eczema, psoriasis, vitiligo (skin depigmentation), seborrhoea, oily skin and hair, burns, wounds, itches, pruritus, irritations, insect bites



**Nervous system:** depression, anxiety, solitude, stress, anguish, nervous frailty, irritability, insomnia and difficulty going to sleep (children + adults)



**Cardio vascular system:** Varicose veins, hemorrhoids, phlebitis, cellulite



**Routes**

