



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
- ⇒ $\frac{3}{4}$ cup extra virgin coconut oil
- ⇒ 1 tbsp. vanilla extract

Source: [pinterest.com](https://www.pinterest.com) and [doterra.com](https://www.doterra.com)