

Bergamot



Hello, this is the first in a series of monthly posts about aromatherapy and essential oils. This month I'm going to introduce you to bergamot.

It's such a versatile little oil with a sunny disposition, and really quite appropriate for use at all times of the year (but be careful, or avoid completely when it's sunny as Bergamot is photosensitising). However there seems to be a lot going on at the moment to do with inner reflection on our relationships with ourselves and others, and that makes Bergamot a particularly useful character to have around for support.

As I've already mentioned Bergamot is a cheerful chap, always there to boost your mood and uplift even the greyest of days. He encourages self-reflection, is always there to remind you that you need self-confidence and self-belief, and will often be a shoulder to cry on if you need to let go of some stuck emotions.

Valerie Ann Worwood has this to say about the Bergamot character:

'You wouldn't think he (or she) would be able to understand how I feel. He is always so cheerful, but he understood, and I felt I could tell him everything. I always feel much better after I have seen him.'

I like to use bergamot when I'm feeling flat energy wise, or when I need a confidence boost. I also find that bergamot can be helpful in smoothing the way for talks about relationships as there seems to be a sort of empathy quality attached to this oil while still promoting a sense of self-belief.

You can use a few drops added to an unscented moisturiser, or dilute in a base oil (half the amount of drops to ml of oil or moisturiser used eg. 20ml, 10 drops). You can also use it diluted in a bath (use a vegetable base oil or full fat milk for diluting), or just simply diffuse 3-6 drops in an oil diffuser to give the room a lift.

It's citrusy but slightly sweet floral smell makes a wonderful room spray for times of illness or depression and low mood.

It has many practical applications too, it can be useful for skin inflammations such as acne and eczema, and is also very useful in the treatment of cold sores. It stimulates immune responses, is a stomach tonic and can stimulate appetite, and is a great deodoriser.

Anyway, that is just a brief introduction to Bergamot. Try it out and see how it makes you feel.