



Educate your senses...



...with pure aromatherapy.

COMMON NAME: Bergamot

BOTANICAL NAME: *Citrus bergamia*

PLANT PART USED: peels

SOURCE: Italy

AROMA PROFILE: sweet, floral-citrus

BENEFITS: uplifting,
confidence-building

TIP: Bergamot has a fresh, fruity aroma with outstanding cleansing properties. It blends well with geranium, lavender and tea tree (it moderates tea tree's medicinal aroma). Bergaptene-free bergamot has been re-distilled to remove most of the constituents that can accelerate sunburn.

focusing TEMPLE MASSAGE

Use this massage blend to facilitate creative work and to enhance concentration.

INGREDIENTS

1 tablespoon grapeseed oil

3 drops Aura Cacia® clary sage essential oil

3 drops Aura Cacia® bergamot (bergaptene-free) essential oil

DIRECTIONS

Place 1 or 2 drops of the mixture on your fingertips and gently massage your temples.

Close your eyes as the warm, sweet aroma of the blend penetrates; envision the creative work before you.

STOP using synthetic fragrances derived from petrochemicals

START using 100% pure essential oils derived from nature. Your body and the environment will thank you.



Aromatherapy is the art and science of using essential oils for physical and emotional health and well-being. Derived from pure plant parts, essential oils are highly concentrated plant essences that only nature can provide. True aromatherapy benefits AND great smelling aromas can only be delivered from 100% pure essential oils.
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