

Bergamot Mint

Mentha citrata 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T N

Plant Part: Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Lavender-like, slightly minty

Main Chemical Components: Linalool, linalyl acetate

Bergamot Mint | *Mentha citrata* 15 mL

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Primary Benefits

- + Creates a comforting atmosphere
- + Provides a relaxing and renewing aroma
- + May deliver cleansing benefits

Description

This essential oil comes from a flowering, perennial herb with violet flowers and heart-shaped leaves. A sun-loving plant, sometimes called orange mint, Bergamot mint is a member of the Lamiaceae or mint family. Similar to Lavender, the major constituents of CPTG® Bergamot Mint essential oil are linalool and linalyl acetate. Both constituents can create a calming atmosphere when diffused after a hard day or at bedtime. The oil can also be added to Fractionated Coconut Oil for a comforting and soothing after-workout massage. Bergamot Mint's lavender-like, fresh, minty aroma complements a relaxing bath. This versatile oil will clear the air of unpleasant odors and can also be used as a surface cleaner.

Uses

- + Diffuse day or night for a soothing atmosphere.
- + Add to a carrier oil for a comforting massage.
- + Use in a relaxing bath.

Directions

Aromatic use: Add 3–4 drops to diffuser of choice.

Topical use: Apply 1–2 drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

See additional precautions below.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin