BERGAMOT

CITRUS BERGAMIA

Country of Origin: Italy
Cold Expressed from peel

HOW WE SOURCE

Bergamot oil is highly sensitive to both harvest timing and handling, requiring careful coordination from grove to expression. We prioritize fruit grown in its native Mediterranean climate, where soil, sun, and coastal conditions support the development of its distinctive balance - bright citrus softened by subtle floral undertones. Fruit is harvested at peak maturity, when the oil profile is fully developed but not overly sharp or flattened.

Expression takes place shortly after harvest to preserve the delicate esters that define bergamot's calming, grounded character. Because these compounds are easily degraded by heat, air, and light, the oil is handled in small batches and stored under tightly controlled conditions. We look for oil that retains its soft, slightly green-floral edge and clean citrus lift - never harsh, overly sweet, or chemically thin.

Bergamot (Citrus aurantium bergamia) is a cold-pressed citrus oil expressed from the peel, valued for its unique ability to both calm and uplift at the same time. Unlike sharper citrus oils, bergamot carries a softer, more rounded profile - light, slightly floral, and gently bitter - making it especially suited for supporting the nervous system and emotional balance. Rich in linalyl acetate and linalool, it brings a stabilizing quality that helps take the edge off overstimulation while maintaining a clear, steady sense of energy.

Traditionally used when the system feels tense, reactive, or unsettled, bergamot works to smooth out extremes - easing nervous tension without dulling awareness. It is often reached for in times of emotional fluctuation, digestive discomfort tied to stress, or when the body needs support returning to a more regulated, balanced state. Rather than pushing or stimulating, it helps restore composure and a more centered baseline the body can sustain.

FUNCTIONAL CONSTITUENTS

Linalyl Acetate	The primary ester in bergamot, linalyl acetate is known for its calming and regulatory effect on the nervous system. It helps ease tension, reduce overstimulation, and support a more balanced emotional state. This constituent plays a central role in bergamot's ability to relax without sedation.
Linalool	A monoterpene alcohol that contributes to bergamot's gentle uplifting quality. Linalool is associated with mood support, nervous system modulation, and mild antimicrobial activity, helping the oil feel both soothing and clarifying rather than heavy.
Limonene	Present in smaller amounts than in other citrus oils, limonene adds a light, bright lift to bergamot's profile. It supports digestive function, metabolic activity, and contributes to the oil's clean, refreshing character without overpowering its more calming constituents.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC6497409/ https://pubmed.ncbi.nlm.nih.gov/31860116/ https://pubmed.ncbi.nlm.nih.gov/34579033/

OUR BERGAMOT IS:

- Cold-pressed from fresh peel, never distilled
- Unrefined and not standardized
- Sourced from traditional growing regions
- Expressed in small batches for freshness
- Handled to protect delicate ester content

We look for oil that carries a smooth, rounded citrus profile with a lightly green, floral lift - an immediate sign of proper harvest timing and careful handling. Harsh, overly sweet, or chemically thin oils are avoided.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Cold-pressed from fresh peel*
- Soft, rounded citrus aroma*
- Light floral, slightly green edge*
- Smooth, well-balanced profile*
- Stored in dark glass*

Avoid:

- Heat or solvent extracted*
- Sharp or overly sweet scent*
- Flat or chemically thin aroma*
- Oxidized or degraded oil*
- Clear or plastic packaging*

HOW TO USE BERGAMOT

Bergamot is commonly used when the goal is emotional balance, nervous system support, and gentle digestive regulation. It integrates easily into daily routines through aromatic, topical, and internal use.

Aromatic
Diffuse 5–10 drops to create a calm, steady environment. Often used during periods of stress, tension, or emotional fluctuation.*

Internal
Add 1 drop to water, tea, or citrus blends. Commonly used to support digestive comfort and a more balanced appetite response, especially when stress is a factor.*

Topical
Dilute with a carrier oil and apply to pulse points, chest, or abdomen. Often used in routines focused on emotional grounding and nervous system support.*

Bath
Add 5–8 drops to bath salts before dispersing in warm water. Commonly used to unwind tension and support a more regulated, relaxed state.*

WHAT IT SUPPORTS

Bergamot is traditionally used when the goal is emotional balance, nervous system regulation, and digestive ease. It supports:

- Emotional balance and mood stability
- Nervous system calming and stress response
- Digestive function and appetite regulation
- Skin clarity and oil balance
- Mental clarity and relaxed focus*

Used consistently, it helps the body feel more settled, steady, and responsive—supporting a calm, balanced baseline without heaviness.

CAUTIONS

- Safety Group 2: Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.
- Avoid UV rays for 12 hours after topical application.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

BERGAMOT IN THE STILLROOM

Bergamot has long been valued in the stillroom as a balancing citrus - used when the system feels tense, unsettled, or out of rhythm. Expressed from the peel of Citrus aurantium bergamia, it carries a softer profile than most citrus oils, working to ease nervous tension while maintaining a light, clear sense of energy.

It is often reached for when there is a mix of overstimulation and fatigue - where the body feels wired but not steady. Rather than pushing or sedating, it helps smooth out extremes, supporting a more composed, regulated state. Used consistently, it brings a sense of calm clarity and emotional steadiness without dulling the system.

MORE WAYS TO USE BERGAMOT

Evening Wind-Down
Diffuse in the evening or add to a personal inhaler. Commonly used to help transition the body out of a wired state and into a more relaxed rhythm.*

Pulse Point Reset
Apply diluted oil to wrists and neck during high-stress moments. Helps take the edge off tension while maintaining clarity and presence.*

Tea Enhancement
Add 1 drop to green or black tea. Traditionally used to support digestion and create a more calming, balanced experience.*

Skincare Blends
Incorporate into facial oils or spot treatments. Often used to support oily or congested skin and promote a clearer appearance.*

Post-Overload Reset
Use aromatically or topically after long days, travel, or overstimulation. Helps bring the system back to a more grounded, regulated state.*

ZILARA
wake the cell • restore the body • feel alive

MANUFACTURED BY:
Zilara, a division of Green Organics, LLC
754 Cincinnati-Batavia Pike
Cincinnati, OH 45245

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