Bergamot *(Citrus bergamia)*

Soothing to the endocrine system, emotions and hormones. Good for depression, stress, tension, fear, hysteria, anorexia, loss of appetite, psoriasis, nervous eczema, emotional crisis, convalescence. Helps to alleviate infection, infectious diseases, sore throat, bronchitis, coughs, cold sores, colic, spot varicose veins, thrush, ulcers, vaginal candida, and intestinal parasites. Use as an insect repellent and on insect bites and on wounds.

Ingredient In: LeBaby Me, LeBeloved, LeDreams, LeEverlasting, LeFaith, LeHeart Song, LeRevitalize

Therapeutic Properties: Antiseptic, antibiotic, anti-spasmodic, stomachic, antidepressant, calmative, febrifuge, vermifuge

Application: Appropriate areas on feet, directly on areas of concern, diffused

Aromatic: Has a refreshing and uplifting quality

Contra-indications: Repeated use can result in extreme contact sensitization; Bergamot contains bergaptene, which is phototoxic (increases the effect of sunlight): avoid direct sunlight for up to 12 hours after use

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