

I'm not a bot



Essência de bergamota para que serve

Bergamot essential oil benefits go far beyond its uplifting fragrance and include stress relief, mood-boosting, pain relief, and more. In fact, some claim that the anxiety-relieving benefits parallel that of conventional drugs! Table of Contents Bergamot belongs to the citrus family of oils. Derived from the plants of the Citrus bergamia Risso tree, this plant’s origins are a mystery. Like many other citrus plants, bergamot is very likely a hybrid, that is, a cross between two plants. However, there is no consensus among botanists on which two plants were its parents. (1) Bergamot is not to be confused with bergamot mint, a completely different essential oil derived from the mint family of plants. The bergamot tree produces a fruit that is suitable for fragrance but is rarely used for eating as it has a “perfumey” flavor. (2) However, you might recognize the scent of bergamot if you drink Earl Grey tea, which is often made by mixing black tea with bergamot essential oil or other bergamot extractions. The name bergamot most likely comes from the Berga region of Spain. Bergamia Risso trees were grown there and then shipped to the southern coast of Italy where they are now primarily grown. Most bergamot oil available today is cultivated from trees in this region, however, it does grow in other areas of the Mediterranean. Bergamot oil is most commonly obtained through the cold expression of the peel. The major constituents of bergamot essential oil include the following: limonene linalyl acetate linalool β-pinene γ-terpinene bergapten bergamottin Bergamot is popular for its stress-reducing qualities and is also commonly used in commercial products that have a “citrusy” scent. Let’s see what health benefits this unique oil has for you. 9 Benefits Of Bergamot Essential Oil Bergamot essential oil offers a unique blend of soothing, invigorating, and healing properties, making it a favorite in natural wellness. Known for its ability to ease stress, lift the mood, and support overall health, it’s no wonder this citrus oil is becoming a staple in holistic practices. From its antimicrobial action to promoting cardiovascular and emotional health, bergamot provides numerous benefits that can improve your well-being. Here, we’ll explore nine powerful ways bergamot essential oil can enhance your health and vitality naturally. 1. Stress & Anxiety Due to its long reputation as a stress reliever, several studies have been done on bergamot and its impact on cortisol, the stress hormone. Bergamot oil was found to reduce cortisol levels among 41 healthy females who inhaled it. (3) In experiments done on lab rats, it also reduced stress responses in the body. (4, 5) This pleasing scent blends well with a variety of other oils and is a must-have in your toolbox if you suffer from anxiety or have high-stress responsibilities. Application: Add bergamot, orange, sandalwood, and ylang ylang oils to your personal inhaler for panic attacks or times of high anxiety. 2. Mood Like many of the citrus oils, bergamot is known for its ability to boost your mood. It was shown to lift the mood of patients in the waiting room of a mental health treatment center. (6) In another study, bergamot, lavender, and frankincense oils were blended and used as a massage oil in a hospice care facility in Korea. Treated patients had reduced pain, anxiety, and depression. (7) We recommend using these oils to help during times of illness and/or difficult health issues. Application: Bergamot oil has a light citrusy flavor. Use 1-2 drops when cooking mild bakery items like scones, tea bread, or pound cake. 3. Antimicrobial Like many other citrus oils, bergamot has powerful antimicrobial properties, making it useful for cleaning and disinfecting. Several citrus oils were tested and compared for their effect on foodborne pathogens, such as E. coli and other bacteria for use in the food industry. Bergamot oil was determined to be the most effective of all in combating these pathogens. (8) This effect may be due to the presence of linalool, which has demonstrated strong antimicrobial properties in the lab including antifungal properties. Bergamot is a refreshing scent to add to your homemade bath and hand cleansers. (9, 10) Bergamot was also one of several oils that reduced the spread of influenza after 10 minutes of diffusion, making it a superior choice to promote health and wellness in your home. (11) Application: Add several drops of bergamot essential oil to your favorite DIY cleaning recipes. 4. Cardiovascular Disease Can bergamot help reduce the risk of cardiovascular disease? Several studies have explored the impact of bergamot essential oil on heart disease, blood pressure, and cholesterol with interesting results. For example, one of its constituents, bergamottin, was tested on guinea pigs induced with arrhythmia (irregular heartbeat) and demonstrated “significant antianginal and antiarrhythmic properties.” (12) Research also suggests that bergamot may lower overall cholesterol, including LDL, the so-called “bad” cholesterol, reducing the overall risk for cardiovascular disease. (13, 14) This is an excellent oil to keep on hand to protect you from cardiovascular disease. Application: Diffuse a blend of ylang ylang and bergamot oil to support good heart health. 5. Pain Bergamot essential oil is known for its anti-inflammatory properties thanks to its major components of linalool, limonene, and linalyl acetate, making it an excellent choice for pain relief! Data shows that bergamot oil also may reduce sensitivity to pain and reduce pain caused by events or conditions that do not normally cause pain, something commonly experienced by fibromyalgia patients. (15) Application: To a roller bottle, add 2 drops each of bergamot, camphor, lemon, peppermint, and rosemary to 3 ounces of Mama Z’s oil base and blend well. Use as needed. 6. Osteoporosis According to the National Osteoporosis Foundation, 54 million Americans suffer from osteoporosis and low bone mass. (16) This bone disease occurs when bones are weakened and become more susceptible to breaks and fractures. Osteoporosis has many causes including diabetes. (17) In 2016, researchers in China discovered that mice with diabetes-related osteoporosis who were treated with bergapten had improved collagen levels and the effects of the disease were reduced. (18) When you consider its pain-relieving properties, bergamot is a must-have tool in your medicine box if you suffer from osteoporosis. Application: Add 2 drops each of bergamot, lavender, and frankincense oil diluted at 1.5% with sweet almond carrier oil and massage into affected areas. 7. Fatigue Bergamot is not only great for reducing stress, but it can also help alleviate the symptoms of regular or chronic fatigue. In a small 2015 study, healthy women were exposed to bergamot essential oil vaporized in water. These subjects quickly experienced reduced levels of cortisol, the stress hormone, and also demonstrated improved scores for both negative emotions and fatigue. (19) Another small experiment showed that hospice subjects who received a massage with bergamot and lavender oil mixture had better sleep compared to those who did not. This lovely scent is an ideal addition to your medicine cabinet! Application: Create Mama Z’s Homemade Hand Cream recipe with bergamot and lavender oils and massage into your hands before sleep. 8. Non-Alcoholic Fatty Liver Disease Non-alcoholic fatty liver disease (NAFLD) is a serious illness that can be caused by metabolic syndrome or a diet filled with unhealthy fatty or sugary foods combined with a sedentary lifestyle. When left untreated, it can escalate into more serious diseases or conditions. The effects of bergamot were researched in a 2014 study on subjects who had NAFLD and metabolic syndrome. Treated patients had improved lipid and blood sugar levels, as well as reduced LDL cholesterol and enhancement of HDL, the “good” cholesterol. (20) While we recommend a healthy diet and an appropriate fitness regimen to combat metabolic syndrome, bergamot essential oil can support you as you develop more healthy habits. Application: Use bergamot in our essential oil gel capsule recipe. 9. Neuroprotective In recent years, some fascinating research has come out about the neuroprotective benefits of bergamot oil. An animal study suggested that it may protect neurons from damage caused by excitotoxins. (21) What’s even more interesting is research from 2017 where 20 schizophrenia patients were treated with bergamot juice in addition to their regular treatment. Improved cognitive scores were seen across the group, indicating that bergamot may be a helpful supplement for people with neurological disorders. (22) Application: Blend bergamot with ylang ylang, sweet marjoram, Roman chamomile, and valerian oils before sleep. Bergamot Essential Oil & Safety According to the NAHA, bergamot essential oil has a moderate risk of phototoxicity, meaning that it can burn the skin when exposed to sunlight. They recommend avoiding exposure to sunlight or tanning beds after using bergamot oil on your skin. (23) You can also find versions of bergamot oil that are free of bergapten, which is the constituent that causes phototoxicity, but they are not as commonly available and will have a very different composition, therefore impacting its benefits. Bergamot oil can oxidize more quickly than some other oils so we recommend you store it in a dark, cool area or in your refrigerator for the longest life. Bergamot oil has a maximum dermal use of 0.4%, so be sure to dilute it properly. Use these common-sense tips when working with bergamot essential oil: At present, there is no clinically safe level of dosage for children, but this doesn’t mean that you cannot give it to them. You should start off small with “culinary doses,” that is, no more than a drop per dish. Bergamot essential oil is safe to use in your diffuser and topical applications if you keep it to 1% or less for children. Don’t consume straight out of the bottle, and don’t drink with water (remember that oil and water do not mix). Do not use around cats as they are sensitive to d-limonene. Always make sure your pets can leave any room where you diffuse oils for their safety. You can consume it safely by adding 2-3 drops of bergamot essential oil into a veggie gel capsule and filling it with olive oil. Consume with food. Do not stay on bergamot oil for an extended length of time. Ideally, you should rotate your oils every few weeks. Stop using it immediately if you experience any side effects. Use with caution if you take medications. Check with your healthcare provider first. Bergamot blends well with floral oils, and naturally, other citrus oils, as well as resins like frankincense. Its delicate scent is pleasantly uplifting and appealing. With a host of amazing health benefits, particularly the ability to reduce stress and boost mood, bergamot oil is a useful, affordable addition to your essential oil cabinet. The mild scent makes it a flexible addition to many of your favorite blends! References: SIC11099-1573(199609)10-6%3C491::AID-PTR889%3E3.0.CO;2-T O óleo essencial de bergamota possui propriedades antimicrobianas, anti-inflamatórias, analgésicas, antidepressivas e ansiolíticas, porque é rico em compostos bioativos, como linalol, carvacrol e bergamotina. Encontre um Clínico Geral perto de você! Parceria com Buscar Médico Esse óleo essencial é extraído da casca da bergamota verde, que também é conhecida pelo nome científico de Citrus bergamia, pode ser encontrado em lojas de produtos naturais e é geralmente usado na aromaterapia ou aplicado na pele e nos cabelos. Por ter um aroma intenso e refrescante, o óleo essencial de bergamota também é muito usado na produção de perfumes, shampoos, produtos de higiene pessoal e em alimentos, sendo utilizado como aromatizante. Este conteúdo é informativo e não substitui o aconselhamento médico. Não interrompa qualquer tratamento sem orientação adequada. O óleo essencial de bergamotâ fornece diversos benefícios para a saúde, incluindo: 1. Combate fungos e bactérias O óleo essencial de bergamota possui propriedade antimicrobiana, auxiliando no combate a diversas bactérias, como Campylobacter jejuni, Escherichia coli O157, Listeria monocytogenes, Bacillus cereus e Staphylococcus aureus, que podem ser transmitidas através dos alimentos e causar infecção e/ou intoxicação alimentar. Além disso, esse óleo essencial também combate fungos do gênero Candida spp, principalmente Candida albicans, Candida glabrata, Candida krusei, Candida tropicalis e Candida parapsilosis, que têm sido associados à candidíase vaginal. 2. Diminui a dor e a inflamação O óleo essencial de bergamota contém alguns compostos bioativos, como linalol, bergamotina e carvacrol, que apresentam propriedades antioxidantes, analgésicas e anti-inflamatórias que ajudam a diminuir a inflamação e a dor muscular. 3. Ajuda no tratamento da acne e seborreia Por ter propriedade adstringente, bactericida, anti-inflamatória e antifúngica, o óleo essencial de bergamota ajuda a diminuir a oleosidade da pele, sendo uma excelente opção para complementar o tratamento da acne e seborreia. 4. Melhora a ansiedade e o estresse O óleo essencial de bergamota atua na no sistema nervoso central e tem propriedades relaxantes e calmantes. Portanto, usar esse óleo essencial pode melhorar os sintomas de ansiedade, estresse e alterações de humor. Conheça outros óleos essenciais que ajudam a melhorar a ansiedade. Como usar Existem várias maneiras de usar o óleo de bergamota, podendo ser usado na aromaterapia, por inalação ou aplicado na pele. Para usar na pele, é importante diluir 3 gotas do óleo essencial de bergamota em 1 colher de sopa de óleo vegetal, como óleo de amêndoa, coco ou jojoba, por exemplo, e depois aplicar na pele ou no couro cabeludo. Além disso, o óleo essencial também pode ser inalado, com o uso de colar aromático ou difusor. Veja como usar Os óleos essenciais corretamente. Efeitos colaterais e contraindicações O óleo essencial de bergamota não deve ser ingerido. Além disso, esse óleo é fotossensível, podendo causar queimaduras e manchas na pele, sendo recomendado evitar a exposição ao sol durante as 6 horas após a aplicação desse óleo essencial na pele. Além disso, em algumas pessoas, o óleo essencial de bergamota pode causar hipersensibilidade ou alergia na pele, levando a sinais e sintomas como vermelhidão, sensação de queimação e coceira na região afetada. Por não existir estudos que confirmem os efeitos da bergamota em crianças menores de 12 anos, mulheres grávidas ou que estejam amamentando, é importante consultar um médico antes de usar o óleo essencial de bergamota. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. 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For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Antes de mais nada, você já ouviu falar do óleo essencial de bergamota? Em primeiro lugar, este óleo essencial é conhecido por suas inúmeras propriedades benéficas para a saúde e bem-estar. Além disso, a bergamota é uma fruta cítrica cuja casca é utilizada para extrair o precioso óleo essencial. A princípio, vamos explorar juntos todas as suas aplicações e benefícios.Primeiramente, o óleo essencial de bergamota é extraído da casca da bergamota, uma fruta cítrica semelhante à laranja. Porém, o seu aroma é mais suave e doce. Bem como outros óleos essenciais, ele é obtido através da prensagem a frio, preservando suas propriedades terapêuticas.Acima de tudo, o óleo essencial de bergamota possui propriedades que podem melhorar nossa saúde física e mental. Do mesmo modo, ele é conhecido por ser:AntissépticoAnalgésicoAntidepressivoAntiespasmódicoSedativoAntes de tudo, a aromaterapia é uma das formas mais populares de usar o óleo essencial de bergamota. Por exemplo, você pode adicionar algumas gotas ao seu difusor para criar um ambiente relaxante e acolhedor. Além disso, o aroma cítrico da bergamota ajuda a aliviar o estresse e a ansiedade.A princípio, o óleo essencial de bergamota é amplamente utilizado para melhorar o humor e combater a depressão. Em outras palavras, seu aroma revitalizante tem a capacidade de elevar o espírito e promover sensações de alegria e bem-estar. Nesse sentido, é uma excelente opção para momentos de tristeza ou desânimo.Apesar disso, o óleo essencial de bergamota também tem aplicações incríveis para a pele. Em primeiro lugar, ele pode ser utilizado para tratar acne e outras condições inflamatórias da pele. Contudo, é importante diluí-lo em um óleo carreador antes de aplicá-lo diretamente sobre a pele.Bem como na pele, o óleo essencial de bergamota pode fazer maravilhas pelo seu cabelo. Ou seja, ele fortalece os fios, combate a caspa e deixa o cabelo mais brilhante e saudável. Portanto, adicione algumas gotas ao seu shampoo ou condicionador para aproveitar esses benefícios.Além disso, o óleo essencial de bergamota pode ajudar na digestão. Em suma, ele é conhecido por aliviar desconfortos estomacais, como inchaço e indigestão. Para isso, você pode massagear o óleo diluído na região abdominal.Na medicina tradicional, o óleo essencial de bergamota é utilizado há séculos. Afinal, suas propriedades antissépticas e analgésicas são valorizadas para tratar uma variedade de condições, desde feridas até dores de cabeça.Antes de mais nada, é essencial tomar alguns cuidados ao usar o óleo essencial de bergamota. Em primeiro lugar, ele pode causar fotossensibilidade, por isso evite a exposição ao sol após usá-lo na pele. Além disso, sempre dilua o óleo em um carreador e faça um teste de alergia antes de usá-lo pela primeira vez.Primeiramente, para criar um ambiente relaxante, adicione 5 gotas de óleo essencial de bergamota ao seu difusor. Contudo, você também pode combinar com outros óleos essenciais, como lavanda ou eucalipto, para um efeito ainda mais calmante.Além disso, se você tem pele oleosa, experimente esta máscara facial: misture 2 gotas de óleo essencial de bergamota com uma colher de sopa de argila verde e água suficiente para formar uma pasta. Aplique no rosto e deixe agir por 10 minutos antes de enxaguar.Para cabelos mais fortes, adicione 3 gotas de óleo essencial de bergamota ao seu shampoo habitual. Dessa forma, você fortalece os fios e combate a caspa.Portanto, o óleo essencial de bergamota é um verdadeiro aliado para a saúde e o bem-estar. Assim, desde o cuidado com a pele e cabelos até o alívio do estresse e melhora do humor, ele oferece inúmeros benefícios. Logo, incluir este óleo essencial na sua rotina pode trazer resultados incríveis para o corpo e a mente. Enfim, explore as diversas maneiras de usá-lo e aproveite ao máximo suas propriedades terapêuticas.O óleo essencial de bergamota é antisséptico, analgésico, antidepressivo, antiespasmódico e sedativo.Adicione algumas gotas do óleo essencial de bergamota ao seu difusor para criar um ambiente relaxante e aliviar o estresse e a ansiedade.Sim, mas é importante diluí-lo em um óleo carreador e evitar a exposição ao sol após o uso, devido à fotossensibilidade. Bergamot’s antiseptic and antidepressant qualities support healing of both the emotional and physical bodies. Additionally, Bergamot is a great oil to diffuse in your office or while studying as it encourages mental clarity and relieves tension. If you don’t have a diffuser handy, put one drop on your palms, rub together and breathe deeply. The delightful, fresh aroma of Bergamot Essential oil cuts stagnation, restores balance and is sure to bring a smile to your face. As you inhale deeply, feel your light shine and remember that you are a beautiful, empowered being with the ability to affect change.