Bergamot Oil Sun-Safety and Dilution Chart

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1. Check the label

[ ] Latin name: Citrus bergamia (bergamot orange), not Monarda ("wild bergamot" or bee balm)

[ ] Method: expressed (cold-pressed) or distilled?

[ ] "FCF" or "bergaptene-free" printed on the label? If it does not say so, treat it as phototoxic.

2. Where will the oil go?

Into the air (diffuser)
Any type. Short sessions, open a window, keep pets out of the room. No diffusing near birds, rabbits, guinea pigs or hamsters.

On skin: standard (expressed) oil
Maximum 0.4% (IFRA). Keep off skin that will see sun or a tanning bed. A reaction may take only minutes of exposure.

On skin: FCF oil
Not phototoxic. Still dilute in a carrier oil and do a patch test first. Stop if redness or itching appears.

Swallowed
Never. Call poison control: 1-800-222-1222 (US).

3. Drops per dilution (about 20 drops per ml; dropper sizes vary)

Dilution	5 ml carrier	10 ml carrier	30 ml (1 fl oz)	Which bergamot?
0.4% (IFRA max)	Under 1 drop	Under 1 drop	About 2 drops	Upper limit for standard oil
1%	About 1 drop	About 2 drops	About 6 drops	FCF only
2%	About 2 drops	About 4 drops	About 12 drops	FCF only, adult body use

For the face, children, pregnancy or sensitive skin, use lower dilutions and follow a professional chart such as the Tisserand Institute's.

4. If skin reacts after sun exposure

Wash with mild soap and water and keep the area out of the sun.

Blistering, a large area or any reaction on a child: contact a doctor or pharmacist. Ask a dermatologist about dark marks that last.

5. Children, pregnancy and pets

[ ] Pregnant or breastfeeding: ask your doctor or midwife before skin use. [ ] No skin use on babies or young children without professional advice.

[ ] Bottles stored out of reach of children and pets. [ ] Never apply essential oil to a pet's skin or fur.

[ ] The ASPCA lists bergamot orange as toxic to dogs, cats and horses. Pet exposure: call your vet or ASPCA Animal Poison Control, (888) 426-4435 (fee may apply).

6. Storage

Keep bottles tightly closed, cool and away from light. Citrus oils change as they age, so date the bottle when you open it.

Research on bergamot oil for stress is preliminary, and trials in cancer care found no benefit (NCI). This chart is for fragrance and skincare use only.