

# 15 Bergamot Diffuser Recipes



**Chill out and release those anxious feelings with  
doTERRA's Bergamot Essential Oil!!**

**Use with your favorite diffuser, aroma jewelry, add a drop or two to lotion or  
in your shower or even to tea. Enjoy!**

## **1. Stress Reliever**

- 2 drops bergamot
- 1 drop lavender
- 3 drops geranium

## **2. At the Beach Blend**

- 2 drops lavender
- 2 drops bergamot
- 1 drop rosemary
- 1 drop eucalyptus

### **3. Positive Energy**

- 2 drops wild orange
- 2 drops bergamot
- 2 drops eucalyptus

### **5. Mental Clarity**

- 3 drops bergamot
- 2 drops rosemary
- 2 drops lavender

### **6. Relaxing & Uplifting**

- 3 drops lavender
- 3 drops bergamot
- 2 drops clary sage

### **7. Refreshing**

- 3 drops bergamot
- 2 drops grapefruit
- 1 drop lemon
- 1 drop ylang ylang

### **8. Hope**

- 3 drops grapefruit
- 3 drops cedarwood
- 2 drops sweet orange
- 1 drop peppermint
- 1 drop ylang ylang

## **9. Sunny Day**

- 4 drops orange
- 2 drops ylang ylang
- 2 drops bergamot

## **10. Rejuvenating**

- 2 drops lavender
- 2 drops bergamot
- 1 drop lemon

## **11. Peaceful Mind**

- 4 drops bergamot
- 3 drops cedarwood
- 2 drops sandalwood

## **12. Carefree**

- 5 drops bergamot
- 3 drops patchouli
- 2 drops eucalyptus

## **13. Fatigue Fighter**

- 5 drops bergamot
- 3 drops grapefruit
- 2 drops peppermint

## **14. Anti-Depressant Blend**

- 3 drops bergamot
- 2 drops petitgrain
- 2 drops geranium
- 1 drop neroli

## 15. Meditation

- 2 drops bergamot
- 2 drops frankincense
- 2 drops sandalwood

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