

Helpful safety information for new essential oil users

Essential Oil Safety

Don't use essential oils in your eyes, ear canal, or on mucous membranes.

Dilute essential oils for safety and efficacy.
Pure oils are concentrated and dilution makes sense.
Start with small amounts and find what works for you.

DILUTION STARTING POINTS

- for children 1 drop per 2 tsp. of carrier oil
- for adults 1-4 drops per tsp. of carrier oil
- for pregnancy 1 drop per 2 tsp. of carrier oil
- for seniors 1 drop per 2 tsp. of carrier oil



How to dilute-

Mix essential oil and a carrier oil, then apply to the skin.

Carrier oils 'carry' essential oils onto the skin.

Examples are olive, coconut, or almond oil.

These fatty oils slow absorption and allow for even application.

ALWAYS HEAVILY DILUTE AND BE CAREFUL

WHEN USING: cassia, cinnamon, clove, oregano, or thyme essential oil. These oils may feel very hot on your skin and can cause discomfort or blistering.

Avoid use on broken or tender skin.

OTHER OILS THAT CAN FEEL UNCOMFORTABLE

are black pepper, citrus oils, eucalyptus, fennel, ginger, lemongrass, peppermint, and wintergreen.

★ **If an essential oil feels uncomfortable, immediately apply more carrier oil.**