

Essential Oils Safety

This playbook outlines the fundamental safety precautions for using essential oils. It includes guidance on proper dilution ratios, appropriate application methods, and the consideration of skin sensitivities.

Step 1: **Research**

Understand the specific properties of the essential oil you intend to use, including any potential side effects and contraindications.

Step 2: **Dilution**

Dilute the essential oil before application to minimize skin irritation. Follow dilution guidelines which typically suggest a concentration of 1-5% essential oil in a carrier oil.

Step 3: **Patch Test**

Conduct a patch test by applying a small amount of diluted essential oil to a discrete area of skin to check for adverse reactions before widespread use.

Step 4: **Safe Application**

Apply the essential oil using safe methods such as diffusion, inhalation, or topical application with appropriate carriers, avoiding sensitive areas like the eyes, ears, and mucous membranes.

Step 5: **Monitor Effects**

After application, observe for any signs of skin irritation or other negative responses. In case of any adverse effects, discontinue use immediately.

General Notes

Professional Advice

Consult with a healthcare provider or a qualified aromatherapist, especially if you are pregnant, nursing, taking medication, or have a medical condition.

Quality Products

Use high-quality, pure essential oils from reputable sources to ensure safety and efficacy.

Storage

Store essential oils away from direct sunlight and heat to maintain their efficacy and extend their shelf life.