

# 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.