

HOW TO USE AL OILS

ENTIAL OILS THAT ARE NOT SAFE FOR CHILDREN

WAYS TO USE

ABOMATICALLY Place expended oils in an expended oil diffuser according to manufacturer).

Actif to beneaty products, such as lips bolins lotion, is surroceners

Elizabe tree relians your as mannion and

INTERNALLY Consume ONLY as directed by a certified health practitioner

STEAM DE VAPOR BHIALATION

Use a personal equator according to manufacturer's directors or with oils describ; from their bottle.

EPARED BY KRESHA FABER

ARE SAFE FOR CHILDREN

NOT SAFE FOR PETS

Goosefeet Horseraffets Hysospi Justen Magement Magement

See Tree OI Services Drage Thyres Westerground Wasserwood

TO AVOID

COMPLETELY

Please Distances Smiskeroot Tipus Trovo (EGardi) Fin Look

Curvin

CHE Grapothuit. Lamenton Of spokel pressure

300 skrope - a realistan (red.) dia skrope - a benegation (bage

Limin III color premiedli Crurron Sir

Chamber Roman Contender Coppens Dillarend Fir Franking omas Canger Canger

SAFE DURING BREASTFEEDING

SAFE DURING PREGNANCY & LABOR

ESSENTIAL OILS TO AVOID DURING

'can cause contractions, good for inducing labor under cape
"okay during pregnancy, avaid while broadfeeding

USE EXTRA CAUTION WITH

During pregnancy

Never upper expectful (ells ment handliched).
Parver regions expectful (ells ment handliched).
Parver regions expectful cols.
Do not use these inhalation on the property of the participant of the partici

Peophtoned arrans sensitivity during programmy - During labor do NOT wild essential oils to a betting post

While breastfeeding:

Peggerrant espectal oil should be availed while nursing
 Dilute all espectal oils to half-strength

STANDARD DILUTION CHART FOR ESSENTIAL OILS

Dilution	0.25%	875	270	3%	876	100%	26%
drops of examinat of per 8 tap- is red.3 of corrier oil		88	(4)	2.2	2.	180	-0.8%
drops of essential oil per # tap to rel.) of content oil	-	2	-	0	80	200	900
chaps of ecoestal of per 3 tap (a) related conservation		2.0		2.00	100	:36	(29)
alleges of associated oil per 4 top GO col.) of carrier oil	- 10	-4	- 10	- 14	200	40	900
drope of essential oil per 5 tap Grp ret_l-of carrier oil;		9-1	200	196.77	200	100	1000
chaps of essential oil per 6 tap (30 mil.) of carrier oil			N.F	100	30	60	200
drops of eccentral of per \$/2 cap (to), mil-of caver of	-	24.	att.	74	1,00	250	600
diffeps of eccentral od per a sup Criso cell, of cover od	100	-40	900	May Co	250	500	6250

s fluid ourse (LR) - 6 tempoors 255 mil - 1 fluid ourse (LR)

BEST PRACTICES

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Californi recent agen 6
Prognosti scottere
Eldenfy achiele
Those with sensitive skin, compressed inteninvolvent, in other sension, health intensifor misconging over a large areas of the body.

art dilution No elitation

titles for recot witally seed in recot situations, including daily whin care

timus, such as a muscle injury or respectory congestion. Up to \$4% disables is acceptable, improved the health concern, the age of the jerson, and the oils being used.

25% diffutions

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Essential Oil Usage Guide

Huangqi Zhang



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