

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

Elizabet ment relation was an experience make

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
Horseraffet
Hyroge
Ausper
Magemet
Misstand

Son Tree OIL Services Drage Thyres Wishersprosed

TO AVOID

COMPLETELY

Please Distances Smiskeroot Tipus Trovo (EGardi) Fin Look

Curvin

CHE Grapothuit. Lamenton Of spokel pressure

300 chapts - 5 resiliables (red.)

Limin III color premiedli Charge, St

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
drops of ecoestal of per 3 tap (a) mill of censer oil		2.0		. 9	766	30	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

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BEST PRACTICES

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25% diffutions

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