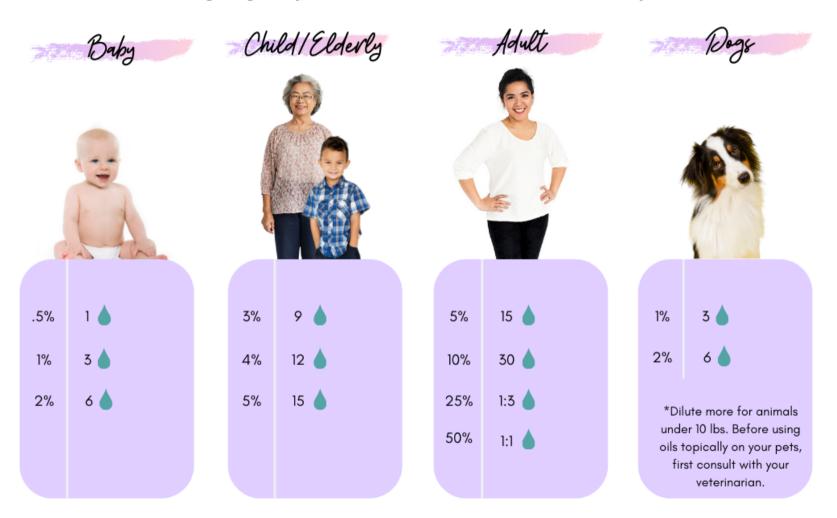
Dilution Guide

ALL RECOMMENDATIONS REFERENCE THE USE OF A 10 ML ROLLER BOTTLE OR 2 TSP OF CARRIER OIL. During Pregnancy Use the Same Guidelines for Child/Elderly



To minimize skin sensitivity, dilute essential oils using a carrier oil like fractionated coconut oil. Always dilute an oil when using it for the first time, applying it to sensitive skin, or when using essential oils with children. When using oils with a particularly strong chemistry, you will want to dilute more.