



jodi baglien

bringing aromatherapy into healthcare®

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## Safety Tips

- Dilute essential oils in a carrier before applying to skin. **Water does NOT dilute essential oils.**
- Bergamot, Lime and other citrus oils will increase your skins sensitivity to the sun.
- Use with caution if you have plant allergies, respiratory conditions, or have sensitive skin.
- **Do not** ingest essential oils without professional guidance.
- Keep bottles tightly closed when not in use, store room temp or refrigerate.
- Essential oils are **highly concentrated**, a little goes a long way!
- **Inhalation** is most effective for stress, moods, respiratory system, uplifting, and sleep.
- Use topically for pain and tension, skin conditions, swelling, massage.

## Simple Dilution Chart

Carrier Oils: Natural Lotion or Soap	1% Dillution	3% Dillution	5% Dillution	10% Dillution
5ml = 1 tsp	1 Drop of Essential Oil	3 Drops of Essential Oil	5 Drops of Essential Oil	10 Drops of Essential Oil
10ml = 2 tsp	2 Drops of Essential Oil	3 Drops of Essential Oil	10 Drops of Essential Oil	20 Drops of Essential Oil

**To Dilute:** Use vegetable or nut oils like coconut oil, jojoba, almond, olive oil, or an all natural lotion, unscented.

### How Much To Dilute?

- **1% dilution** for babies - 2 years
- **2-3% dilution** for 2-6 years, or elderly, frail, pregnant or nursing, on sensitive or damaged skin, on face, massage oils.
- **5 - 10% dilution** for the average adult, for pain, tension, swelling, relaxation massage

### Free Resources!

- **www.AromaWeb.com**  
Detailed essential oil information, how to's recipes.
- **www.MarvyMoms.com**  
Has a handy dilution calculator and trusted info