

HOW TO USE ESSENTIAL OILS



Caution:

- Always cut the drops listed by 50% for children, elderly & pregnant mothers. Never ingest oils.
- Never inhale oils during an asthma attack.
- Always dilute oils before applying to skin.

SUGGESTED CARRIER SOLUTIONS AND DILUTIONS FOR ADULTS

Carrier (Massage) Lotions, Mist or (Massage) Oils:
Essanté Organics Citrus Body Butter, Rejuvenate and NaPCA Hydrating Stress Reducing Mist.

Common Carrier Oils: Almond, olive, jojoba, sesame, sunflower, avocado

Amount of carrier solution	# of drops to add
2 ounce	20 drops
1 ounce	10 drops
1/2 ounce	5 drops
2 teaspoons	4 drops
1 teaspoon	2 drops

Essanté Organics USDA Organic Essential Oils are highly absorbable. Please, only apply and inhale USDA Organic Oils as it is vital to your health: toxic pesticides used during cultivation of other non-USDA oils are proven to transfer from the plant, to the oil, to the human. Essanté Organics does not condone the use of chemicals or toxins of any kind.



SUGGESTED DILUTIONS FOR ADULTS

Reduce the # of drops listed by 50% (cut in half) for children, elderly and pregnant mothers

Method	# of drops for adults
Diffuser (#1 method / most absorbable)	8 drops per diffuser (use filtered water & clean after each use)
Ointment/Liniment	15 drops per 1 ounce/ 1/4 cup of above oils/lotions
Bath Water	15 drops per tub of water
Mouthwash/Gargle (consult a therapist, not all oils can be ingested)	2 drops per 1/4 cup/1 ounce of water
Compress (use cold compress when inflammation is present)	5 drops per 4 ounces/1 cup of water
Fragrance /Deodorant (shake well before use)	10 drops per 4 ounces/1 cup water or NaPCA Mist
Room Spray (shake well before use)	20 drops per 4 ounces/1 cup water or NaPCA Mist
Vacuum Filter / Laundry Sock / Cardboard Toilet Paper Roll	5 drops directly on the item (Re-apply as needed)