OUR FAVORITE ESSENTIAL OILS

To lower anxiety, reduce muscle spasm, lower blood pressure, & produce a calming effect.

- Petitgrain/Bigarade
- Clary Sage
- Palo Santo
- Lavender
- Jasmine
- Tulsi / Holy Basil
- Bergamot
- Camomile
- Rose
- Black Spruce
- Mandarin
- Rosemary Cineole
- Basil
- Eucalyptus
- Vetiver
- Ylang Ylang
- Frankincense
- Patchouli
- Geranium
- Lemon Balm

DILUTION GUIDE

Newborns and infants.
1-2 drops of essential oil in 2 tablespoons carrier oil

Older children.
1-2 drops of essential oil in 1/2 to 1 tablespoon carrier oil.

Pregnant, elderly, sensitive people.
1-2 drops of essential oil in 1/2 to 1 tablespoon carrier oil.

DISCLAIMER

The following safety precautions are guidelines only.

Not for internal use. Diffuse in full concentration or dilute in food grade carrier oil for topical application. First test low level exposure to be sure no sensitivities exist. Remember that all citrus oils will increase your sensitivity to UV light so if applied topically you must avoid sun exposure that day. Please seek the advice of your healthcare professional if you are in fact ill.