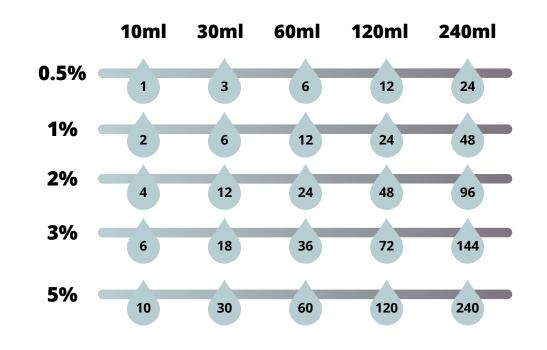
# POTIONS

#### TIMELESS AYURVEDIC RITUALS

## **Essential Oil Dilution Chart**

This chart shows you the amount of dilution for every ml of Carrier Oil



#### Topical

Never use an essential oil undiluted. We do not recommend using a percentage above 5% for topical use.

This is merely a guide, percentages may vary according to essential oil and the application.Always pay close attention to the contraindications of any essential oil you use in a blend and check the safety guidelines regarding its usage.

## Caution

Please note that these dilutions are for adults over 18 only. Please talk to your health practitioner before using essential oils with children and teens, or when pregnant or nursing. Do a patch test before using, especially if you have sensitive skin.

For more recipes follow us at www.instagram.com/potionsmy www.facebook.com/potionsmy www.shop-potions.com