

# Essential Oil Essentials *a crash course*

## How to Dilute *Per 2 Tbsp of Carrier Oil*

Facial (1%)	6 drops
Bath (1%)	6 drops
Roll-on Spot Treatment (5-10%)	20 drops
Short Term Issue (5%)	30 drops
Body & Massage (3%)	18 drops

## Diluting for Kids *Per 2 Tbsp of Carrier Oil*

Always dilute to 1%\* • For baths, dilute to 0.5%  
Don't use on kids under 2 years\* • Only diffuse for 15-20 min. at a time • If in doubt, our OK For Kids pre-diluted roll-ons remove guesswork

## Ways To Diffuse Essential Oils

**ONE** In a diffuser or personal inhaler. **TWO** On a cotton ball. Place in pillow or on bedside.  
**THREE** In a bowl of salt. Salt enhances the aroma. **FOUR** In a pot or bowl of boiling water.

## How To Blend *therapeutically*

Keep in mind purpose and person. What issue are trying to address by creating this blend? Who are you blending for and what are their needs, medical history and aroma preferences? Start researching which oils will suit the needs of yourself or the person you're creating a blend for.

## How To Blend *aromatically*

A quick rule of thumb for a balanced blend is to blend with 75% Middle Notes, 20% Top Notes and 5% Base Notes. We list every oil's note on our product pages under the Details section (just visit EdensGarden.com). You can also use the drop-by-drop technique, of adding one drop of oil to your blend, pausing to smell, adding another drop based on your aroma preference, and so on.

*EdensGarden.com*