

# Essential Oil Guidelines

These guidelines and dilution chart are general in nature, essential oils even though natural are very powerful - and not every essential oil is for everyone, please make sure to read the safety information below.



## Quick Dilution Guide

| For Use                | Dilution Rate Adult  | Dilution Rate Child                                     |
|------------------------|--|---|
| Diffuser               | 5-10 drops of EO to diffuser                                   | 3-5 drops of EO to diffuser                             |
| Steam Inhalation       | 1-2 drops of EO  | Same  |
| Roller Bottle          | 10-20 drops to 10ml of carrier oil                             | 5-10 drops of EO to 10ml carrier oil                    |
| Massage Oil            | 6-12 drops of EO to 30mls of carrier oil (1 - 2%)              | 3-6 drops of EO to 30mls of carrier oil (0.5 - 1%)      |
| Aromatherapy Bath      | 5-10 drops of EO into 1 tbsp of solubiliser/bubble bath base   | 3-6 drops of EO into 1 tsp solubiliser/bubble bath base |
| Balms                  | 20-60 drops of EO per 100gm (1 - 3%)                           | 10-20 drops of EO per 100gm (up to 1%)                  |
| Face products          | 10 drops of EO per 100gm (0.5%)                                | 5 drops of EO per 100gm                                 |
| Body products          | 30 drops of EO per 100gm (1.5%)                                | 10-20 drops of EO per 100gm                             |
| Suggested Carrier oils | Sweet almond oil, apricot kernel oil, fractionated coconut oil | Apricot kernel oil, avocado oil, jojoba oil             |

## Suggested Carrier Oils

Jojoba Oil, Almond Oil, Apricot Oil, Wheat Germ Oil, Fractionated Coconut Oil

# Essential Oil Guidelines

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## Inhalation

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The inhalation of essential oils not only allows their properties to act on the respiratory system, but it also influences the mind. Many oils exhibit antimicrobial, anti-inflammatory and anti-spasmodic properties, their use as an inhalation for respiratory ailments such as nasal congestion, coughs, colds and sore throats stands to reason. Inhalation of oils also works on the mind via the olfactory/limbic/emotional response and can be used for stress, emotions and mood.



### Steam Inhalation

You will need- Essential oil of your choice, a bowl of boiling water, clean towel.  
Add 1-2drops of essential oil into the bowl of hot water. Close your eyes, place your face over the steam with the towel over your head to trap the steam in. Breathe in the steam for 3-5 minutes.

### Direct Inhalation

You will need- Essential oil of your choice, tissue or handkerchief.  
Apply 1-2 drops of essential oil to the tissue/handkerchief, hold near your nose and breathe deeply. The tissue can be tucked inside a pillowcase while sleeping also.

### Electric diffuser

You will need- Essential oil of your choice, an electric diffuser, water.  
This will change depending on your diffuser size. Generally, add 5-10 drops of essential oil into the water reservoir in the diffuser. Diffuse for 30mins then turn off for 30mins. Make sure pets can leave the room and there is adequate ventilation/windows open.

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## Roller Bottle/Perfume

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Roller bottle dilutions are stronger than massage oils as you are applying onto a smaller area on your skin. Apply to the wrists, behind ears, back of the neck and/or affected area.

You will need- Essential oils of your choice, 10ml glass roller bottle, 10mls of fractionated coconut or jojoba oil.

Add 5-20 drops of essential oil into the roller bottle then top up the bottle with 10mls of fractionated coconut or jojoba oil. Gently turn the bottle upside down and back to mix the oils. Please refer to our dilution guide for the correct number of drops for children and adults.



## Aromatherapy Massage Oil

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You will need- Essential oils of your choice, 30ml glass bottle, 30ml carrier oil.

Add 6-12 drops into 30mls of carrier oil. 6 drops is 1%, 12 drops is 2%. 30mls is enough for a full body massage. Suggested carrier oils- sweet almond oil, apricot kernel oil, jojoba oil, avocado oil, grapeseed oil.

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## Aromatherapy Bath

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You will need- Essential oils of your choice, natural solubiliser, liquid body wash or bubble bath base.

Essential oils need to be properly dispersed into water to avoid skin irritation. To do this add 5-10 drops of essential oil into a tablespoon of solubiliser, body wash or bubble bath, stir then add to the bathwater. You can also add a cup of Epsom salts to the bath for added relaxation and mineral content.



## Compress

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You will need- Essential oils of your choice, bowl filled with 200mls of warm water OR 200mls cold water with ice cubes, clean flannel, tea towel, towel depending on size needed.

Add 2-6 drops of essential oil into the water, dip the flannel into the water and wring out. Cover the affected area with the flannel and wrap with a towel over the top. It will need to be replaced when the compress cools or heats to body temperature.

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## Spritzer/Spray

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You will need- 100ml mist spray bottle, distilled water, essential oils of your choice, natural solubiliser, preservative.

90mls distilled water or hydrosol

20 drops essential oil (1ml)

10gms natural solubiliser

1gm preservative- Microcare DB (Other preservatives - Geogard Ultra, Natacide, Euxyl PE, Liquid Germall Plus - see product pages for usage rates).

Instructions- Mix together the essential oil and solubiliser. Add water along with the preservative to the mist spray bottle and shake well. Add the mix of solubiliser and essential oils to the bottle and gently mix.





# Essential Oil Dilution Chart

These guidelines are approximates only. For blends, number of drops represents total of oils combined. Each essential oil needs to be checked individually for max dermal limit.

|                       |                    |      |      |      |       |
|-----------------------|--------------------|------|------|------|-------|
| 5%                    | 5                  | 10   | 30   | 50   | 100   |
| 4%                    | 4                  | 8    | 24   | 40   | 80    |
| 3%                    | 3                  | 6    | 18   | 30   | 60    |
| 2%                    | 2                  | 4    | 12   | 20   | 40    |
| 1%                    | 1                  | 2    | 6    | 10   | 20    |
| 0.5%                  | A tooth pick swirl | 1    | 3    | 5    | 10    |
| Volume of carrier oil | 5ml                | 10ml | 30ml | 50ml | 100ml |



# Our Essential Oils

Our essential oils are sourced from Australian Botanical Products – Australasia's most prestigious essential oil supplier. Our essential oils can be used in aromatherapy, soaps, skincare, cleaning etc. There is no independent certification for the purity of essential oils. At PureNature any of our pure and natural essential oils that are safe to use topically are considered to be therapeutic grade and may be used topically for therapeutic purposes.

## Safety Information

Essential oils should never be used undiluted. For safety reasons, do not exceed the essential oil drops recommended and ensure that you study all relevant safety data before using any oil. We don't recommend using essential oils internally, in pregnancy or on babies - consultation with a qualified aromatherapist should be undertaken. If you are going to working with Essential Oils, please look at relevant resources eg. - The Complete Guide to Aromatherapy by Salvatore Battaglia and the Tisserand Institute online.

## About PureNature

We supply ingredients so you can make your own health, beauty, and craft products to use, share or sell.

### Our Ethos

#### Create

- Create the best experience possible for our customers with exceptional service, high-quality products and expert advice.
- Inspire our customers to create by sharing the latest industry ideas and trends.

#### Craft

- Teaching the joy of crafting through workshops, seminars, tutorials and recipes.
- Ensuring traditional craft methods are preserved and shared.

#### Care

- Caring for our staff, our customers, our community and our planet.
- Helping people to learn new ways to care for their mind, their body, their family and their home.

