

Blue Skye Wellness

Kay Judge, Clinical Aromatherapist
 (413) 242-4069
 Blueskyewellness.aromatherapy@gmail.com
 Blueskyewellness.com

Essential oils are very concentrated substances and should be diluted in a carrier oil for topical use. Keep essential oils out of reach of children and pets. Store essential oils away from heat and light to prevent oxidization.

Dilution Rate	0.25%	0.5%	1%	2%	3%	5%
Drops of essential oil per 5 ml carrier oil (mini roller)	—	—	1	2	3	5
Drops of essential oil per 10 ml carrier oil (standard roller)	—	1	2	4	6	10
Drops of essential oil per 30 ml carrier oil (1 oz./ 2 tablespoons)	1	3	6	12	18	30
Drops of essential oil per 60 ml carrier oil (2 oz./ 1/4 cup)	3	6	12	24	36	60

0.25% dilution Children 6 months – 6 years
 Use very sparingly under age two
 May be increased **0.5%** for short periods

1% dilution Children age 6 – 12 years
 Pregnant women
 Elderly adults
 Sensitive skin, compromised immune systems, or other serious health issues
 For massaging over a large area of the body

2% dilution Ideal for most adults and in most situations such as daily skin care.

3% dilution Used short-term for a temporary health issue, such as a muscle injury or respiratory congestion. Up to **5% dilution** may also be used short-term for muscle cramping, bad bruising, or severe pain.

Using oils neat (undiluted)
 Use caution when using EOs undiluted, as some individuals can experience irritation or develop sensitivity.
 Lavender may be used neat for short periods, such as for bug bites, burns, stings, or cramps.

Essential Oils that are SAFE for Children Aged 2 and up

Herbs & hydrosols are preferable for children under 2 years old

Benzoin	Lavender
Bergamot	Lemon
Camphor	Mandarin
Cedarwood, Atlas	Manuka
Chamomile, German	Marjoram, Sweet
Citronella	Neroli
Clary Sage	Orange, Sweet
Coriander	Orange, Blood
Cypress	Patchouli
Fir	Pine
Frankincense	Rose Absolute
Geranium	Sandalwood
Grapefruit	Spearmint
Helichrysum	Spruce
Hemlock	Tangerine
Jasmine Absolute	Tea Tree
Juniper Berry	

Sources: *Essential Oil Safety*, Tisserand/Young, NAHA
Disclaimer: These guidelines have not been evaluated by the FDA and are meant to be used for educational purposes only and should not be construed as medical advice.

Essential Oils that are SAFE for Pregnant Mothers (after 1st trimester)

Bergamot	Geranium	Lemon	Pine
Cedarwood	Ginger	Mandarin	Rose
Coriander	Grapefruit	Marjoram	Spearmint
Cypress	Helichrysum	Neroli	Spruce
Fir	Juniper Berry	Patchouli	Tangerine
Frankincense	Lavender	Peppermint	Tea Tree

Essential Oils that are SAFE for Nursing Mothers

Bergamot	Coriander	Helichrysum	Patchouli
Blue Tansy	Cypress	Juniper Berry	Pine
Cedar, Atlas	Dillweed	Lavender	Rose
Cedar, Virginian	Fir	Lemongrass	Spearmint
Chamomile,	Frankincense	Lemon	Spruce
German	Geranium	Mandarin	Tangerine
Chamomile,	Ginger	Marjoram	Tea Tree
Roman	Grapefruit	Neroli	

Phototoxic Essential Oils
 Do Not expose your skin to the Sun after using these oils within 24 hours

Angelica	Lemon Verbena
Bergamot	Lime (if cold pressed)
Cumin	Orange, Bitter
Dill	Orange, Sweet (distilled)
Grapefruit	Rue
Lemon (if cold pressed)	