

## Essential oil Safety Guideline

All plants and essential oils like medicine, may be harmful if used improperly if they are taken internally or prescribed for external use, if taken in excess, or taken for a long period of time. Make sure your essential oils are fresh and uncontaminated and stored properly.

1. Dilute pure essential oils before use applying directly onto the skin.
2. Identify essential oils by their botanical name, part of plant used, variety and chemical type.
3. Take the time to study and get to know the essential oil properties before use.
4. Store your essential oils in a cool dark place.
5. We always recommend a patch test on the inside of your arm upon first use