

# Your Guide

## SAFE AND INFORMED ESSENTIAL OIL USE



### PRE-PURCHASE CONSIDERATIONS

- Research the oil thoroughly
- Prioritize quality over the brand
- Check the sourcing and testing practices
- Purchase oils from reputable sources

### HEALTH AND SAFETY

- Consider consulting a healthcare professional, especially for serious health concerns
- Assess possible interactions with medications
- Seek professional guidance during pregnancy and for children
- Use caution with chronic conditions
- Be aware of potential allergies or sensitivities
- Educate yourself continuously
- Trust evidence-based information
- Stay informed about potential contraindications

### SKIN AND SENSITIVITY

- Perform a patch test if trying a new oil
- Listen to your body's reactions
- Dilute oils for skin application
- Follow recommended dilution ratios
- Pay attention to usage guidelines

### STORAGE AND HANDLING

- Keep oils out of reach of children
- Store oils in a cool, dark place
- Avoid direct sunlight exposure
- Use glass or amber bottles for storage
- Keep caps tightly closed

### USAGE AND INTEGRATION

- Integrate oils into a holistic wellness routine
- Use oils as complementary to, not a replacement for conventional treatments
- Be cautious when ingesting oils; seek professional advice
- Avoid excessive or prolonged use
- Trust your instincts; if in doubt, consult a professional

