



# How to Choose an Aromatherapy Oil at Home

Mini-brochure: quality checklist, safety & contraindications, carrier oils & dilution chart, scent families & effects, blending pyramid, quick recipes (diffuser/roll-on/bath), patch test, storage & shelf life, pets/children/pregnancy cautions, mistakes & fixes.

## What to Look For — Quality Checklist

- Botanical name (Latin), plant part, country of origin, extraction method (e.g., steam distillation/expressed).
- 100% pure essential oil (no 'fragrance oil'), batch/lot number, dark glass bottle.
- Supplier provides GC/MS or chemotype info for authenticity; fresh harvest dates.

## Safety — Read Before Use

- Essential oils are concentrates: **\*\*do not\*\*** apply neat; keep away from eyes and mucosa.
- Avoid internal use unless guided by a qualified professional.
- Pregnancy, epilepsy, asthma, hypertension — consult a clinician; avoid high-ketone oils.

## Carrier Oils & Dilution Chart

Use case	Dilution	Drops EO / 10 ml carrier	Suitable carriers
Face	0.5-1%	1-2 drops	jojoba, squalane, grapeseed
Body (daily)	1-2%	2-4 drops	sweet almond, jojoba, fractionated coconut
Spot/massage	3-5%	6-10 drops	almond, sesame, sunflower
Bath*	1-3%	2-6 drops	mix with milk/honey/solubilizer first

\*Always disperse oils before adding to bath water to avoid skin contact with neat oil.

## Scent Families — Effect Cues

Family	Examples	Tends to feel
Citrus	lemon, orange, grapefruit, bergamot†	bright, uplifting
Herbal	lavender, rosemary, clary sage	balancing, clarifying
Floral	rose, jasmine, ylang ylang	softening, comforting
Woody	cedarwood, sandalwood	grounding, warm
Resinous	frankincense, myrrh	centering, meditative
Spice	cardamom, ginger	warming, energizing

†Bergamot (expressed) can be phototoxic — see safety notes.

## Blending Pyramid — Top / Middle / Base

Note	Examples
Top (first impression)	citrus, eucalyptus, peppermint
Middle (heart)	lavender, geranium, clary sage
Base (fixative)	cedarwood, patchouli, frankincense



## Quick Recipes — Start Here

Goal	Recipe
Relax (diffuser)	lavender 3d + cedarwood 2d + orange 2d (30–60 min)
Focus (diffuser)	rosemary 2d + peppermint 1d + lemon 3d (≤ 30 min)
Sleep (roll-on 10 ml, 1%)	jojoba 10 ml + lavender 2d + chamomile 1d
Mood lift (personal inhaler)	bergamot FCF 4d + grapefruit 3d + spearmint 1d
Bath (1%, dispersed)	milk/honey 1 tbsp + lavender 2d + frankincense 1d

## Patch Test — 24 Hours

- Dilute to intended strength; apply to inner forearm; cover with plaster for 24 h.
- Check for redness/itching/burning; discontinue if reaction occurs.

## Storage & Shelf Life

- Store in dark glass, tightly capped, cool place; minimize air/light exposure.
- Citrus oils oxidize faster (6–12 months); most others 1–3 years; resins often longer.

## Special Cautions — Read First

Topic	Note
Phototoxicity	expressed citrus (bergamot, lemon, lime): avoid sun/UV 12–24 h on skin; choose FCF bergamot to reduce risk
Pregnancy/children	avoid strong menthol/camphor oils; keep total dilution low (≤0.5–1% for kids, supervised)
Pets	cats are particularly sensitive — diffuse in ventilated rooms; allow pets to leave; never apply to pet

## Common Mistakes & Fixes

Mistake	Fix
Using neat on skin	always dilute to purpose; follow chart
Too many oils at once	blend 2–4 notes max; follow pyramid
Over-diffusing	limit to 30–60 min; ventilate; take breaks



Scan the QR to open the full guide to choosing aromatherapy oils.