

ESSENTIAL OIL DILUTION

Pregnancy & Sensitive Use Guide

Recommended Maximum: 1% Dilution during pregnancy

Standard Carrier: 10ml (approx. 2 tsp) Roll-on or Bottle

DILUTION RATE	DROPS (PER 10ML)	RECOMMENDED USE
0.25%	0.5 Drop	Facial application / Ultra-sensitive skin
0.50%	1 Drop	Daily body massage / First trimester
1.0%	2 Drops	General topical use (Standard pregnancy safety)
1.5%	3 Drops	Short-term localized discomfort
2.0%	4 Drops	Maximum limit for specific areas (feet/ankles)

Commonly Avoided Oils: Clary Sage (until 37 weeks), Cinnamon, Rosemary, Sage, Wintergreen.

Carrier Oil Suggestions: Sweet Almond, Jojoba, Fractionated Coconut Oil.

Consult with a healthcare provider or certified aromatherapist before use.