

Personal Usage Guide: Dilution Reference Chart

| Single Oil Name | Recommended Dilution | | |
|---------------------|----------------------|---------------------|---------------------|
| | Adults | Child/ Sensitive | Expectant Mother |
| Arborvitae | ● | ●○ | × |
| Basil | ● | ●○ | × |
| Bergamot | ●* | ●** | ●*** |
| Birch | ● | ●○ | × |
| Black Pepper | ●○○ | ▽ | ▽ |
| Cardamom | ● | ● | ● |
| Cassia | ●○○○○ | ▽ | × |
| Cedarwood | ● | ●○○ | ▽ |
| Cilantro | ● | ● | ● |
| Cinnamon | ●○○○ | ▽ | × |
| Clary Sage | ● | ● | ▽ |
| Clove | ●○ | ●○○○○ | ▽ |
| Coriander | ● | ● | ● |
| Cypress | ● | ● | ▽ |
| Dill | ● | ● | ● |
| Eucalyptus | ● | ●○ | ● |
| Fennel | ● | ●○ | ▽ |
| Frankincense | ● | ● | ● |
| Geranium | ● | ●○ | ● |
| Ginger | ●* | ●○ | ● |
| Grapefruit | ● | ● | ● |
| Hawaiian Sandalwood | ● | ● | ● |
| Helichrysum | ● | ● | ● |
| Juniper Berry | ● | ●○ | ● |
| Lavender | ● | ● | ● |
| Lemon | ●* | ●* | ●* |
| Lemongrass | ● | ●○ | ●○ |
| Lime | ●* | ●○* | ●* |
| Marjoram | ● | ●○ | ▽ |
| Melaleuca | ● | ● | ● |
| Melissa | ● | ● | ● |
| Myrrh | ● | ● | ▽ |
| Orange | ●* | ●* | ●* |
| Oregano | ●○○○ | ▽ | ▽ |

| Single Oil Name | Recommended Dilution | | |
|-----------------|----------------------|---------------------|---------------------|
| | Adults | Child/ Sensitive | Expectant Mother |
| Patchouli | ● | ● | ● |
| Peppermint | ● | ●○ | ▽ |
| Roman Chamomile | ● | ●○ | ● |
| Rose | ● | ● | ● |
| Rosemary | ● | ●○ | × |
| Sandalwood | ● | ● | ● |
| Spearmint | ● | ●○ | ▽ |
| Thyme | ●○○○○ | ▽ | × |
| Vetiver | ● | ● | ▽ |
| White Fir | ● | ●○ | ●○ |
| Wintergreen | ● | ●○ | × |
| Ylang Ylang | ● | ● | ● |

| Oil Blend Name | Adults | Child/ Sensitive | Expectant Mother |
|-----------------------|--------|---------------------|---------------------|
| Anti-aging Blend | ● | ● | ▽ |
| Calming Blend | ● | ● | ● |
| Cellular Complex | ● | ●○ | ▽ |
| Cleansing Blend | ● | ● | ● |
| Detoxification Blend | ●○ | ●○○○○ | ▽ |
| Digestive Blend | ● | ● | ▽ |
| Focus Blend | ● | ●○ | ●○ |
| Grounding Blend | ● | ● | ● |
| Invigorating Blend | ●* | ●* | ●* |
| Joyful Blend | ●* | ●* | ●* |
| Massage Blend | ● | ● | ● |
| Metabolic Blend | ●* | ●○* | ▽ |
| Protective Blend | ● | ●○ | ▽ |
| Repellent Blend | ● | ● | ● |
| Respiratory Blend | ● | ●○ | ● |
| Soothing Blend | ● | ●○ | ● |
| Tension Blend | ● | ●○ | ▽ |
| Topical Blend | ● | ● | ▽ |
| Women's Monthly Blend | ● | ●○ | ▽ |
| Women's Blend | ● | ● | ● |