

Always dilute your essential oils before applying them to the skin. There are a very small handful of exceptions to this rule including lavender and tea tree which can be occasionally applied neat, or directly, to the skin. In different aromatherapy books there may be recommendations of essential oils over 3% in massage oils but it simply isn't necessary. Less is more in the world of essential oils. There is no need to overdose and it is always better to be safe than sorry.

Essential oils are incredibly potent and need to be dispersed into a carrier before applying them to the skin. You wouldn't wrap your body in 30 pounds of plant material or consume that much, so don't apply that much or more directly onto your skin.

Typically, essential oils are diluted into products at 1 to 3% – sometimes less and sometimes more, but that is the general rule of thumb. Some essential oils have an intense aroma and price tag combination that allows for their use as low as 0.1% Take jasmine, blue chamomile and neroli for example.

Raindrop therapy and AromaTouch are good examples of how undiluted and too high of concentrations of essential oils can be dangerous. Raindrop therapy is a method is the practice of dripping pure undiluted essential oils directly onto the skin which has many adverse effects. People have had burns, skin irritation, and intense detoxification effects that could have been avoided if this dangerous practice was no longer taught. AromaTouch is the practice of massaging a series of 1 to 3 drops of undiluted essential oils onto a subject and massaging it in. The human body does not need to detoxify at such a rapid rate, and the skin should not come in direct contact with undiluted essential oils.

NEVER eat essential oils undiluted. One drop is equal to 75-100 cups of tea. Kidney damage is absolutely down the road for those taking them internally. I am of the school that would NEVER recommend them internally, but people will deny truth, get offended, and do it anyway. If you are of this mind I speak of, PLEASE, do it correctly. Make an 'essence' with 10 drops of essential oil in 1 ounce of carrier oil or alcohol, and only take a drop of that at a time.

Here's the math...

10 drops = 1000 cups of tea of said oil.

1 ounce of oil or alcohol is 600 drops.

$1000 \div 600 = 1.66$

So, each drop is equivalent to 1.66 cups of tea.

Rules of Essential Oils

https://docs.google.com/document/d/16tJjCQ5dxrBEhSIBI_DLw548c1j2uCtCjzEFjHErmjE/edit?usp=drivesdk

And before you begin spouting off all the magical MLM terms you've learned....read up and do your research. Most of these certifications are junk. Clever marketing at best. Marketers coined their own fake words, to entice people who don't know better, into thinking brand X is superior to all others.

<https://drive.google.com/file/d/0B3iL6xNYWBrzc1VpZTNodG9tbDA/view?usp=drivesdk>