



Essential Oil DILUTION GUIDE

| Application | Essential Oil Drops Per 1 oz. of Carrier | Percentage Dilution |
|---|--|---------------------|
| Body Oil (massage, salve, balm, facial serum) | 6 - 30 | 1-5% |
| Body Mist | 18 - 30 | 3-5% |
| Air Mist | 30 - 60 | 5-10% |
| Home Cleaning | 30 -120 | 5-20% |



**6 drops of essential oil
+ 1 oz. carrier
= 1% dilution**

Carriers:

Water

Skin Care Oil (such as sweet almond, jojoba, argan, rosehip)

Unscented lotion or liquid soap

Percentages vary depending on the essential oil and application.

Always refer to essential oil label guidelines and warnings before use.

Do not use undiluted essential oils on your skin.

Aura Cacia®



pure essential oils

Breathe Deep.
SHINE BRIGHT.

Aura Cacia helps you bring positive change to every day through our essential oils, skin care oils and more, derived from simple and pure botanical and mineral ingredients. Our ingredients are sourced carefully and sustainably from the best sources around the world, and each shipment of essential oil must pass full analytical testing to verify its purity and quality. Our heritage of quality and sustainability reaches back to 1982, and today we're proud to be part of Frontier Co-op. As a co-op, we're committed to giving back with 1% of sales supporting social causes that are important to women.

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