

How to Use ESSENTIAL OILS

Now it's simpler than ever to incorporate essential oils into your daily wellness routine. All it takes is remembering a few simple dilution and safety tips.



DILUTION GUIDE

Personal Care:

6-12 drops
PER 1 FL OZ OF CARRIER

Home Care:

Up to 18 drops
PER 1 FL OZ OF CARRIER

Carrier examples: skin care oils (coconut, jojoba, rosehip and sweet almond), unscented lotion, soap or water

- Put a few drops on your pillow before bed.
- Diffuse while studying.
- Add a few drops to your favorite personal care product.
- Always refer to essential oil label guidelines before use.

A Note About Internal Usage:

Ingestion is a widely misunderstood practice. We **do not** recommend using essential oils internally.

- Essential oils are highly concentrated and toxicity varies with each oil.
- There are not established dosages for safe internal usage, and there is a potential for harmful effects.
- Aura Cacia 100% pure essential oils are intended for aromatherapy purposes and are labeled in compliance with FDA regulations in order to protect users.

*visit us online for more ways
to safely use essential oils!* ↘

AuraCacia.com

AURA CACIA®



The Aura Cacia brand was founded 30 years ago on pure essential oils and true aromatherapy benefits.

Our Difference:

- **High-quality botanicals, rigorously tested:** we travel the world to find the highest quality products, testing every batch to ensure purity
- **Consumer safety:** our premium products are developed with safety at the forefront
- **Part of a member owned co-op:** that puts people and planet ahead of profits

