





Dosage





Adapt their dosage to what you want to do!

Beauty 		
PRODUCT	GENERAL QUANTITY	INDICATION
<p style="text-align: center;">Cosmetics</p> 	<p>0.1 to 2%</p>	<ul style="list-style-type: none"> 1% of EO, daily usage for a normal skin 2 % of EO to treat small skin problems (not acne). up to 5 % of EO for severe skin problems such as acne (adolescent), acne, eczema, psoriasis, etc. No photo-sensitive Essential Oil to be used during day time
<p style="text-align: center;">Perfumes</p> 	<p>15 to 40%</p>	<p>To incorporate in either alcohol or a neutral oil</p>

Cutaneous Route 	
Dermo-cosmetic action	1 %
Dermal repairing action	3 %
Specific action on the nervous system (management of stress, well-being).	5 %
Action on blood or lymphatic circulation	7 %
Action on muscles, tendons, joints	10 %
Action linked to competition sport	15 %
Localised very powerful action (cellulolytic, anti-parasite...)	30 %

Well Being



Well Being		
ROUTE	GENERAL QUANTITY	INDICATION
Inhalation 	5 drops For a humid inhalation , pour 5 drops of EO	in boiling water For Inhalation in conjunction with the cutaneous route: 1 or 2 drops of EO placed on the inside of the wrists.
Diffusion 	3 to 20 drops Dosage depending on: – the strength of the scent – the size of the room	FOR AN ULTRASONIC DIFFUSOR/MISTOR 3 to 8 drops of EO FOR A NEBULIZER DIFFUSER 12 to 20 drops of EO
Aromatic Bath 	5 to 10 drops	Remember, water and oil don't mix! You must mix prior to taking a bath in a neutral shower gel or a dispersant Do not mix with (not limited to): Alcohol, Aloe Vera, glycerin (water soluble), Epson salts or milk, that does not work
Cooking 	1 to 2 drops maximum	Flavour as you like your dishes in an original manner.