



WHAT ARE ESSENTIAL OILS, AND HOW TO USE THEM?



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WHAT ARE ESSENTIAL OILS?

Essential oils are compounds extracted from plants.

The oils capture the plant's scent, flavour, or "essence". The unique aromatic compounds of each plant give the essential oil its characteristic essence.

Essential oils are highly concentrated, volatile and potent plant extracts; it's vital to know their characteristics and precautions and handle them carefully. However, they are safe when used correctly. We recommend reading about the specific essential oils of your choice before starting to use them.

Essential oils are obtained through distillation via steam and water or mechanical methods, such as cold pressing. They are extracted from the most aromatic part of the plant. For example, Sweet Orange essential oil is extracted from the rind of the orange.

Essential oils are most commonly used in Aromatherapy. They are inhaled through various methods or used diluted on the skin.

Aromatherapy claims that Essential oils have a variety of health benefits, from skincare to stress relief. However, the most common way to use essential oils is to inhale them using an inhaler or a diffuser. When using an Inhaler or diffuser, always use the guidelines on the bottles.



HOW TO USE ESSENTIAL OILS SAFELY

If you want to use Essential oils on your body, always carefully dilute them with your choice of carrier oil, NOT water. Essential oils do not dissolve in water.

Using undiluted essential oils on the skin can be harmful and cause severe irritation or sensitisation.

Dilutions can vary based on personal needs and individual essential oils.

A 1%-2% essential oil dilution is considered a safe guideline for topical application of essential oils on adults (when an essential oil does not have a more restricted dermal recommendation). When attempting to make a 2% dilution, a good rule of thumb is to add 12 drops of essential oil to 30 ml of cold-pressed carrier oil, lotion or vegetable butter. (If you wish to use 1% dilution, add 6 drops of essential oil to the same quantity of oil/lotion/butter) .If redness or irritation occurs, refrain from using the specific essential oil.

For children or the elderly, cut the dilution in half. With children, use only essential oils regarded as safe for children.

Babies are susceptible to essential oils; please seek expert advice.

If you are pregnant, you should seek advice from a medical practitioner, midwife or aromatherapist before using any essential oils.



ESSENTIAL OIL DILUTION CHART

TOPICAL APPLICATION

Carrier oil

	10ml	30ml	60ml
0.5%	1 drop	3 drops	6 drops
1%	2 drops	6 drops	12 drops
2%	4 drops	12 drops	24 drops
3%	6 drops	18 drops	36 drops

0.5% dilution for babies & children

1% dilution for face products

2% dilution for body products

BATH SOAKS

Essential oils are not water-soluble, and pouring them directly into a bath will result in a film of undiluted essential oils sitting on top that will sting or even burn your skin. Therefore you must disperse them with your choice of liquid soap or carrier oil (1-3% dilution) and mix in before putting it in your bath water

IT'S ALL GOOD ESSENTIAL OIL

It's All Good Certified organic essential oils are all 100% oil from the purest sources possible. We import our oils from ISO 9001 certified companies; the ISO (International Standards Organisation) has specific regulations about essential oil quality. The ISO 9001 accredited companies demonstrate transparency in their practices and the quality of the oil. On top of that, we make sure only to import USDA-certified organic oils.

All of the "It's All Good" Essential oils we use in our products are 100% therapeutic grade, pure, non-diluted certified organic essential oils.

SAFETY

Essential oils are highly concentrated potent liquids. Their potency must be respected, and they can be toxic if misused. Therefore, the way you handle and use essential oils is very important. Please read the following advice to help ensure that you use essential oils safely and effectively. Please note that this list does not constitute a complete safety reference. Don't hesitate to contact us or a qualified local aromatherapist for more advice if you are unsure.

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