

FitInFlow.space · For fragrance and general aromatic use only. Not medical advice and not for treating any illness. Based on Tisserand Institute and ASPCA guidance. Updated October 2026.

Dilution	5 mL	10 mL	15 mL	20 mL	30 mL	50 mL	60 mL	Typical use
0.5%	1*	2	2	3	4	8	9	Very sensitive skin, older adults
1%	2	3	4	6	9	15	18	Face, daily use, beginners
2%	3	6	9	12	18	30	36	General adult body oil
3%	4	9	14	18	27	45	54	Short-term, small area
5%	8	15	22	30	45	75	90	Small area only, adults

2. Patch test before wider use

- Never apply undiluted oils to skin. Never swallow oils unless a qualified practitioner advises it.
- Diffuse 30 to 60 minutes, then pause 30 to 60 minutes. Keep fresh air moving.
- Baths: mix oil into a carrier or dispersant first, never straight into the water. Sprays: use a solubilizer.
- Keep away from eyes and open flames. Store capped, cool and dark. Child-proof caps; out of children's reach.
- Citrus oils such as bergamot can cause sun sensitivity on skin. Pregnant, breastfeeding, on medication, or with asthma, epilepsy or a skin condition? Ask a doctor first.

Never apply essential oils to pets. Diffuse only briefly, in rooms pets cannot enter. No diffusing around birds, rabbits, guinea pigs or hamsters. Pets with breathing problems: no diffusers.

Signs of exposure: wobbliness, lethargy, vomiting, diarrhea. **ASPCA Animal Poison Control: (888) 426-4435**

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