Palo Santo Oil Safety and Sourcing Checklist

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1. Dilution chart (about 20 drops = 1 ml; drop size varies)

Dilution	Drops per 10 ml carrier	Drops per 30 ml (1 oz) carrier	Typical use
0.5%	1	3	Very sensitive skin
1%	2	6	Face, sensitive areas
2%	4	12	Adult body blends

Children need lower dilutions: see the Tisserand Institute age chart. Do not use on babies' skin. Never apply undiluted.

2. Before first use and storage

[ ] Patch test: diluted blend on inner forearm, covered, 24 hours. Redness or itching = do not use on skin.

[ ] Store cool and dark (fridge is fine), cap tight, small bottles. Opened on: _____

[ ] Retire for skin use if it smells sharp, stale or turpentine-like (oxidized limonene can cause skin allergy).

[ ] Never swallow essential oil or add it to food or drinks. [ ] Keep away from eyes and inside the nose.

3. Children, pregnancy and pets

[ ] Bottles stored out of reach, child-resistant caps where possible.

[ ] Pregnant or breastfeeding? Ask your doctor or midwife before skin use; keep diffusing light and short.

[ ] Never apply to pets. Diffuse briefly, in a room pets can leave. No diffusing around birds or pets with breathing problems.

[ ] Asthma or lung condition? Choose the oil in a diffuser over burning wood; never leave a smoldering stick unattended.

4. Emergency numbers

Swallowed oil (US): Poison Control 1-800-222-1222. **Pet exposure:** your vet or ASPCA Animal Poison Control (888) 426-4435.

Eyes: flush with clean water for several minutes; get care if pain continues. **Spreading rash, facial swelling, trouble breathing:** urgent care.

5. Buyer's sourcing checklist

[ ] Latin name on label: **Bursera graveolens** (not just "palo santo") [ ] Country of origin (usually Ecuador or Peru)

[ ] Plant part and method (wood or fruit, steam-distilled) [ ] Batch GC-MS test report available

[ ] Proof of legal sourcing from naturally fallen or dead wood (required in Peru) [ ] Price is not suspiciously low

[ ] If labeled **Bulnesia sarmientoi** (guaiacwood): international trade needs CITES Appendix II permits

Sources: Kew POWO; NCI PDQ Aromatherapy; ASPCA; Tisserand Institute; SERFOR (Peru); CITES. This checklist makes no health claims and contains no doses for any condition.