



AROMATHERAPY BLEND USAGE LOG

ESSENTIAL OILS PLANNER

USE • RECORD • TRACK

This planner belongs to:

Essential Oil Safety Guide



GENERAL SAFETY
• ALWAYS DILUTE ESSENTIAL OILS BEFORE APPLYING TO SKIN
• PERFORM A PATCH TEST BEFORE FIRST USE
• AVOID CONTACT WITH EYES, EARS, AND SENSITIVE AREAS
• DO NOT INGEST OILS UNLESS DIRECTED BY A QUALIFIED PROFESSIONAL
• KEEP OUT OF REACH OF CHILDREN AND PETS
SKIN SAFETY
• USE PROPER DILUTION RATIOS (SEE DILUTION CHART)
• SOME OILS MAY CAUSE IRRITATION OR SENSITIVITY
• DISCONTINUE USE IF REDNESS OR DISCOMFORT OCCURS
PHOTOSENSITIVE OILS
AVOID SUN EXPOSURE (12-24 HOURS) AFTER USING THESE OILS TOPICALLY:
• LEMON
• LIME
• BERGAMOT
• GRAPEFRUIT
PREGNANCY & MEDICAL CONDITIONS
• CONSULT A HEALTHCARE PROVIDER BEFORE USE
• AVOID CERTAIN OILS DURING PREGNANCY (E.G., CLARY SAGE, ROSEMARY)
• SEEK GUIDANCE IF YOU HAVE ASTHMA, EPILEPSY, OR OTHER CONDITIONS
PET SAFETY
• SOME OILS ARE TOXIC TO PETS
• AVOID DIFFUSING AROUND CATS, BIRDS, AND SMALL ANIMALS WITHOUT RESEARCH
DISCLAIMER
THIS GUIDE IS FOR INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED TO REPLACE PROFESSIONAL MEDICAL ADVICE.



Essential Oil Blend Sheet

BLEND NAME:			
PRODUT TYPE (ROLLER / SPRAY / BALM / ETC):			
DATE CREATED:			
CREATOR:			
BLEND FORMULA			
ESSENTIAL OIL	DROPS	%	SUPPLIER
CARRIER OIL			
CARRIER OIL	AMOUNT	NOTES	
BLEND DETAILS			
TOTAL DROPS:			
FINAL VOLUME:			
INTENDED USE (RELAXATION / FOCUS / SLEEP / ETC.)			
SCENT BALANCE:			
ADJUSTMENTS:			
TESTING RESULTS:			
NOTES			



Dilution Calculator Sheet

PRODUCT TYPE:			
BOTTLE SIZE:			
TARGET DILUTION %:			
BOTTLE SIZE	DILUTION %	EO AMOUNT	CARRIER OIL
RECOMMENDED DILUTION RANGES:			
SKIN SENSITIVITY CONSIDERATIONS:			
NOTES			

Carrier Oil Testing Log



CARRIER OIL	SUPPLIER	SKIN FEEL	ABSORPTION	SCENT
EXAMPLES = JOJOBA - SWEET ALMOND - FRACTIONATED COCONUT - GRAPESEED				
NOTES				

NOTES

NOTES



Bottle Inventory

BOTTLE TYPE	SIZE	QTY	SUPPLIER
EXAMPLES = ROLLER BOTTLES - DROPPER BOTTLES - SPRAY BOTTLES			
NOTES			



Thank You

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stay organized, plan with confidence, and reach your goals.

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