

*Here are some*

# QUICK TIPS



*for using essential oils safely:*

Although most essential oils are safe for general use, the potency of some oils can cause irritation and should not be used in specific situations. That's why Young Living always recommends checking the product label for appropriate usage.

**1. DILUTE WITH A CARRIER OIL.** Use of a carrier oil will not dilute the effect of the essential oil but will ensure that oils applied topically are not irritating or overpowering.

**2. NEVER USE WATER IF YOU EXPERIENCE IRRITATION.** If essential oils get in your eyes or cause irritation to skin, flush and dilute the area with a safe carrier oil to alleviate discomfort.

**3. DON'T APPLY ESSENTIAL OILS TO SENSITIVE AREAS.** We recommend that you avoid applying essential oils to sensitive areas such as eyes, ears, and mucous membranes.