

ESSENTIAL RecipeEase

Age

Drops

Birth - 12 mo

.15 - 3

1 - 5 yrs

1.5 - 3

6 - 11 yrs

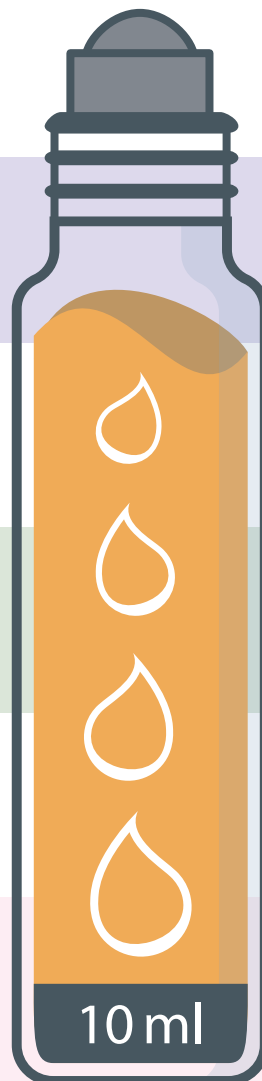
1.5 - 5

12 - 17 yrs

1.5 - 20

18+ yrs

1.5 - Neat



This is the recommended amount of essential oil drops per 10 ml (1/3 oz.) roll-on based on age. After drops are in the roll-on, fill with carrier to the top.

Please note, not all recipes are safe or effective for everyone. Always do research and discuss any usage with medical professionals, especially for use on children or on someone with pre-existing conditions or those on medications.