



*essential oil*  
**DILUTION TABLE**

APPLICATION	ESSENTIAL OIL DROPS	AMOUNT OF CARRIER
Massage	6	1 oz. oil
Compress	24	4 oz. water
Body Mist	24	4 oz. water
Room Spray	48	4 oz. water
Room Diffusion	12	1-2 oz. water <i>(in Aura Cacia® candle lamp)</i>

*Always refer to essential oil label guidelines and warnings before use. Do not use undiluted essential oils on your skin. Always dilute in a carrier such as Aura Cacia® skin care oils.*

Find lots of great tips and recipes online at [auracacia.com](http://auracacia.com)

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