|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name | | | | | Alice | |
| Age | | | | | 24 | |
| Ailment | | | | | Dry Skin | |
| Carrier Size OR Diffuser | | | | | 2 ounces | |
| Dilution Rate | | | | | 0.5% | |
| Sun Exposure: Will your skin be exposed to sunlight in the next 12 hours? Yes / No | | | | | yes | |
| Contraindications: Please select ALL that apply: | | | | | | |
|  | Pregnant, 1st Trimester |  | Low Blood Pressure |  | | Rx: SSRI |
|  | Pregnant, 2nd Trimester |  | Sensitive Skin |  | | Rx: Blood Thinner |
|  | Breastfeeding |  | Epileptic |  | | Avoid Stimulating (for nighttime use) |
|  | Asthmatic |  | High Blood Pressure | x | | Avoid Sedating (for daytime use) |
| Select All Oils that You Own: | | | | | | |
|  | Basil | x | Bergamot |  | | Cardamom |
| x | Carrot Seed |  | Cassia | x | | Cedarwood |
|  | Chamomile |  | Cinnamon Bark |  | | Citronella |
|  | Clary Sage |  | Clove |  | | Copaiba |
|  | Cypress |  | Elemi | x | | Eucalyptus |
|  | Fir Needle |  | Frankincense | x | | Geranium |
|  | Ginger |  | Grapefruit | x | | Helichrysum |
|  | Jasmine |  | Juniper Berry | x | | Lavender |
|  | Lemon | x | Lemongrass | x | | Lime |
|  | Mandarin |  | Marjoram, Sweet | x | | Melissa |
| x | Myrrh |  | Neroli |  | | Orange |
|  | Oregano |  | Patchouli |  | | Pepper, Black |
|  | Peppermint | x | Rosemary | x | | Rosewood |
|  | Sandalwood |  | Spearmint |  | | Spruce, Black |
| x | Tangerine |  | Tansy, Blue | x | | Tea Tree |
|  | Vetiver |  | Wintergreen |  | | Ylang Ylang |

**Step 1: Filter out any oils they don’t own, but do NOT remove**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Basil | x | Bergamot |  | Cardamom |
| x | Carrot Seed |  | Cassia | x | Cedarwood |
|  | Chamomile |  | Cinnamon Bark |  | Citronella |
|  | Clary Sage |  | Clove |  | Copaiba |
|  | Cypress |  | Elemi | x | Eucalyptus |
|  | Fir Needle |  | Frankincense | x | Geranium |
|  | Ginger |  | Grapefruit | x | Helichrysum |
|  | Jasmine |  | Juniper Berry | x | Lavender |
|  | Lemon | x | Lemongrass | x | Lime |
|  | Mandarin |  | Marjoram, Sweet | x | Melissa |
| x | Myrrh |  | Neroli |  | Orange |
|  | Oregano |  | Patchouli |  | Pepper, Black |
|  | Peppermint | x | Rosemary | x | Rosewood |
|  | Sandalwood |  | Spearmint |  | Spruce, Black |
| x | Tangerine |  | Tansy, Blue | x | Tea Tree |
|  | Vetiver |  | Wintergreen |  | Ylang Ylang |

**Step 2: Filter out any oils that conflict with any of the selected conditions**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Basil | x | Bergamot |  | Cardamom |
| x | Carrot Seed |  | ~~Cassia~~ (dry skin) | x | Cedarwood |
|  | ~~Chamomile~~ (sedating) |  | ~~Cinnamon Bark~~ (dry skin) |  | Citronella |
|  | ~~Clary Sage~~ (sedating) |  | Clove |  | Copaiba |
|  | Cypress |  | Elemi | x | Eucalyptus |
|  | Fir Needle |  | Frankincense | x | Geranium |
|  | Ginger |  | Grapefruit | x | Helichrysum |
|  | Jasmine |  | Juniper Berry | x | Lavender |
|  | Lemon | x | Lemongrass | x | Lime |
|  | Mandarin |  | ~~Marjoram, Sweet~~ (sedating) | x | Melissa |
| x | Myrrh |  | Neroli |  | Orange |
|  | Oregano |  | Patchouli |  | Pepper, Black |
|  | Peppermint | x | Rosemary | x | Rosewood |
|  | Sandalwood |  | Spearmint |  | Spruce, Black |
| x | Tangerine |  | Tansy, Blue | x | Tea Tree |
|  | Vetiver |  | Wintergreen |  | ~~Ylang Ylang~~ (sedating) |

**Step 3: Sort the oils based on whatever ranking system we use**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 0 | ~~Basil~~ | 14 | Bergamot | 0 | ~~Cardamom~~ |
| 5 | Carrot Seed | 0 |  | 0 | Cedarwood |
| 4 |  | 0 |  | 19 | ~~Citronella~~ |
| 0 |  | 20 | ~~Clove~~ | 0 | ~~Copaiba~~ |
| 15 | ~~Cypress~~ | 28 | ~~Elemi~~ | 27 | Eucalyptus |
| 0 | ~~Fir Needle~~ | 6 | ~~Frankincense~~ | 1 | Geranium |
| 21 | ~~Ginger~~ | 0 | ~~Grapefruit~~ | 2 | Helichrysum |
| 3 | ~~Jasmine~~ | 18 | ~~Juniper Berry~~ | 13 | Lavender |
| 29 | ~~Lemon~~ | 0 | Lemongrass | 26 | Lime |
| 30 | ~~Mandarin~~ | 22 |  | 7 | Melissa |
| 8 | Myrrh | 16 | ~~Neroli~~ | 0 | ~~Orange~~ |
| 23 | ~~Oregano~~ | 25 | ~~Patchouli~~ | 17 | ~~Pepper, Black~~ |
| 0 | ~~Peppermint~~ | 24 | Rosemary | 9 | Rosewood |
| 10 | ~~Sandalwood~~ | 0 | ~~Spearmint~~ | 0 | ~~Spruce, Black~~ |
| 0 | Tangerine | 0 | ~~Tansy, Blue~~ | 0 | Tea Tree |
| 11 | ~~Vetiver~~ | 0 | ~~Wintergreen~~ | 12 |  |

**(0 = avoid for this condition)**

1: Geranium

2: Helichrysum

3: Carrot Seed

**Step 4: Consider maximum dermal limits for each oil**

*None for those listed*

**Generated Recipe:**

|  |  |
| --- | --- |
| Oil | Drops |
| Geranium | 2 |
| Helichrysum | 2 |
| Carrot Seed | 2 |

Maximum Drops Ratio:

1% dilution in 30 ml / 1 ounce = 6 drops *So*: 0.5% dilution in 2 ounce = 6 drops

**“However, based on your selected contraindications, these are the ideal top 3 oils for your ailment”**

1: Geranium - owned

2: Helichrysum - owned

3: Jasmine – not owned