|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name | | | | | Bob | |
| Age | | | | | 50 | |
| Ailment | | | | | Sunburn | |
| Carrier Size OR Diffuser | | | | | 2 ounces | |
| Dilution Rate | | | | | 2% | |
| 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) |
| XX | Asthmatic |  | High Blood Pressure | X | | Avoid Sedating (for daytime use) |
| Select All Oils that You Own: | | | | | | |
| X | Basil | X | Bergamot | X | | Cardamom |
|  | Carrot Seed |  | Cassia |  | | Cedarwood |
| X | Chamomile | X | Cinnamon Bark |  | | Citronella |
| X | Clary Sage | X | Clove |  | | Copaiba |
|  | Cypress |  | Elemi | X | | Eucalyptus |
|  | Fir Needle |  | Frankincense |  | | Geranium |
| X | Ginger |  | Grapefruit |  | | Helichrysum |
| X | Jasmine | X | Juniper Berry | X | | Lavender |
|  | Lemon | X | Lemongrass | X | | Lime |
|  | Mandarin |  | Marjoram, Sweet |  | | Melissa |
|  | Myrrh |  | Neroli | X | | Orange |
| X | Oregano |  | Patchouli |  | | Pepper, Black |
|  | Peppermint | X | Rosemary | X | | Rosewood |
|  | Sandalwood | X | Spearmint |  | | Spruce, Black |
|  | Tangerine |  | Tansy, Blue |  | | Tea Tree |
|  | Vetiver |  | Wintergreen |  | | Ylang Ylang |

**Step 1: Filter out any oils they don’t own**

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

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| X | Basil | X | Bergamot (phototoxic) | X | Cardamom |
|  |  |  |  |  |  |
| X | ~~Chamomile~~  (Sedating) | X | Cinnamon Bark |  |  |
| X | ~~Clary Sage~~ (Sedating) | X | Clove |  |  |
|  |  |  |  | X | Eucalyptus |
|  |  |  |  |  |  |
| X | Ginger |  |  |  |  |
| X | ~~Jasmine~~ (Sedating) | X | Juniper Berry | X | ~~Lavender~~ (Sedating) |
|  |  | X | Lemongrass | X | Lime (phototoxic) |
|  |  |  | ~~(ex: Marjoram – asthma)~~ |  |  |
|  |  |  |  | X | Orange (phototoxic) |
| X | Oregano |  |  |  |  |
|  |  | X | Rosemary | X | ~~Rosewood~~ (Sedating) |
|  |  | X | Spearmint |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 31 | Basil | 9 | Bergamot (phototoxic) | 0 | Cardamom |
| 8 |  | 26 |  | 6 |  |
| 1 |  | 0 | Cinnamon Bark | 35 |  |
| 16 |  | 0 | Clove | 28 |  |
| 25 |  | 27 |  | 29 | Eucalyptus |
| 15 |  | 7 |  | 30 |  |
| 0 | Ginger | 0 |  | 5 |  |
| 10 |  | 19 | Juniper Berry | 2 |  |
| 0 |  | 0 | Lemongrass | 0 | Lime (phototoxic) |
| 20 |  | 0 |  | 12 |  |
| 24 |  | 0 |  | 17 | Orange (phototoxic) |
| 33 | Oregano | 22 |  | 18 |  |
| 4 |  | 0 | Rosemary | 13 |  |
| 11 |  | 32 | Spearmint | 0 |  |
| 34 |  | 21 |  | 23 |  |
| 14 |  | 0 |  | 3 |  |

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

1: Bergamot

2: Orange

3: Juniper Berry

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

Bergamot = Phototoxic over a 0.4% dilution = max drops before phototoxic is 2.4 drops per ounce  
2.4 drops x 2 ounces = 4.8 drops max (rounded down = 4 drops)

Orange = Phototoxic over a 1.25% dilution = max drops before phototoxic is 7.5 drops per ounce  
7.5 drops x 2 ounces = 15 drops max

*Maximum dermal limits are always rounded down*

**Generated Recipe:**

|  |  |
| --- | --- |
| Oil | Drops |
| Bergamot | 4 |
| Orange | 10 |
| Juniper Berry | 10 |

Maximum Drops Ratio:

1% dilution in 30 ml / 1 ounce = 6 drops

So: 2% dilution in 2 ounce = 24 drops