|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name | | | | | Judy | |
| Age | | | | | 9 | |
| Ailment | | | | | Cold | |
| Carrier Size OR Diffuser | | | | | 1 ounce | |
| Dilution Rate | | | | | 1% | |
| Sun Exposure: Will your skin be exposed to sunlight in the next 12 hours? Yes / No | | | | | No | |
| Contraindications: Please select ALL that apply: | | | | | | |
|  | Pregnant, 1st Trimester |  | Low Blood Pressure |  | | Rx: SSRI |
|  | Pregnant, 2nd Trimester | x | Sensitive Skin |  | | Rx: Blood Thinner |
|  | Breastfeeding |  | Epileptic | x | | Avoid Stimulating (for nighttime use) |
|  | Asthmatic |  | High Blood Pressure |  | | Avoid Sedating (for daytime use) |
| Select All Oils that You Own: | | | | | | |
|  | Basil | x | Bergamot |  | | Cardamom |
|  | Carrot Seed |  | Cassia |  | | Cedarwood |
| x | Chamomile |  | Cinnamon Bark |  | | Citronella |
|  | Clary Sage |  | Clove |  | | Copaiba |
|  | Cypress |  | Elemi | x | | Eucalyptus |
|  | Fir Needle | x | Frankincense |  | | Geranium |
| x | Ginger |  | Grapefruit | x | | Helichrysum |
|  | Jasmine |  | Juniper Berry | x | | Lavender |
| x | Lemon |  | Lemongrass | x | | Lime |
|  | Mandarin |  | Marjoram, Sweet |  | | Melissa |
|  | Myrrh | x | Neroli |  | | Orange |
| x | Oregano |  | Patchouli | x | | Pepper, Black |
| x | Peppermint |  | Rosemary |  | | Rosewood |
|  | Sandalwood |  | Spearmint |  | | Spruce, Black |
|  | Tangerine |  | Tansy, Blue | x | | Tea Tree |
| x | Vetiver |  | Wintergreen |  | | Ylang Ylang |

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

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

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | x | ~~Bergamot~~ (stimulating) |  |  |
|  |  |  |  |  |  |
| x | Chamomile |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  | x | ~~Eucalyptus~~ (10+ years) |
|  |  | x | Frankincense |  |  |
| x | Ginger (skin irritant) |  |  | x | Helichrysum |
|  |  |  |  | x | Lavender |
| x | ~~Lemon~~ (stimulating) |  |  | x | ~~Lime~~ (stimulating) |
|  |  |  |  |  |  |
|  |  | x | Neroli |  |  |
| x | Oregano (skin irritant) |  |  | x | ~~Pepper, Black~~ (stimulating) |
| x | ~~Peppermint~~ (10+ years) |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  | x | Tea Tree |
| x | Vetiver |  |  |  |  |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 9 |  | 10 |  | 0 |  |
| 0 |  | 0 |  | 0 |  |
| 0 | Chamomile | 6 |  | 0 |  |
| 20 |  | 5 |  | 0 |  |
| 11 |  | 0 |  | 1 |  |
| 16 |  | 0 | Frankincense | 17 |  |
| 4 | Ginger (skin irritant) | 23 |  | 0 | Helichrysum |
| 0 |  | 15 |  | 0 | Lavender |
| 0 |  | 0 |  | 18 |  |
| 0 |  | 22 |  | 19 |  |
| 8 |  | 25 | Neroli | 0 |  |
| 7 | Oregano (skin irritant) | 0 |  | 0 |  |
| 2 |  | 0 |  | 21 |  |
| 0 |  | 3 |  | 12 |  |
| 0 |  | 0 |  | 13 | Tea Tree |
| 0 | Vetiver | 24 |  | 14 |  |

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

1: Ginger

2: Oregano

3: Tea Tree

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

Ginger = skin irritant over a 0.2% dilution = max drops before irritant is 1.2 drops per ounce

Oregano = skin irritant over a 0.4% dilution = max drops before irritant is 2.4 drops per ounce

**Generated Recipe:**

|  |  |
| --- | --- |
| Oil | Drops |
| Ginger | 1 |
| Oregano | 2 |
| Tea Tree | 3 |

Maximum Drops Ratio:

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