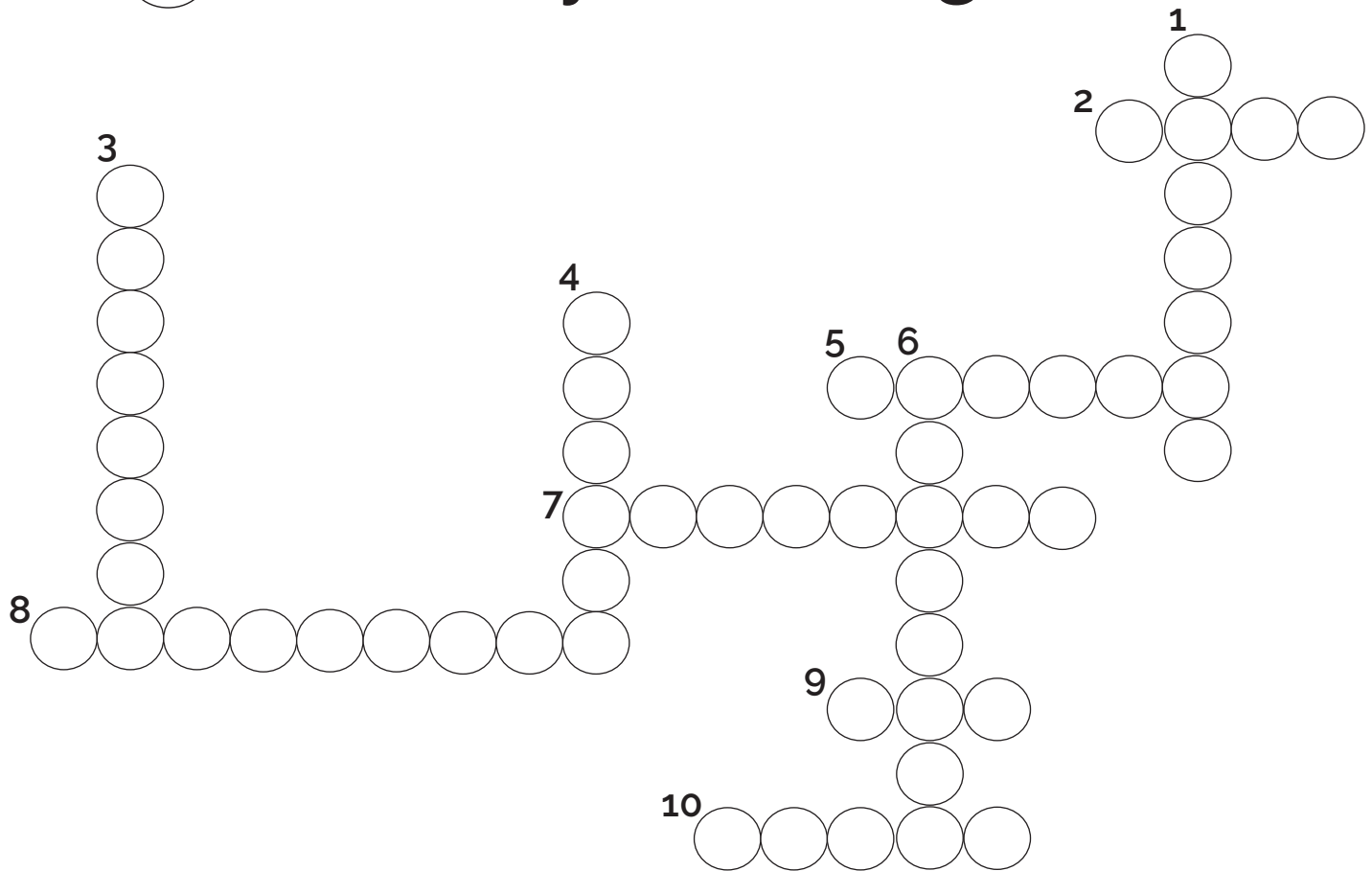




Essential Oil Safety and Usage



Across:

2. After you apply an essential oil make sure to _____ your hands.
5. When using an essential oil topically always make sure to _____.
7. Diffusing Citrus Bliss® is an example of which application method?
8. Don't apply essential oils to _____ areas, such as the eyes.
9. When using an essential oil start with _____ drop(s) and adjust as needed.
10. Only use essential oils with _____ supervision.

Down:

1. Fractionated Coconut Oil is an example of a _____ oil.
3. It's better to use small amounts of oil _____ times a day instead of a single large dose.
4. The amount of oil you use is called _____.
6. Drinking a glass of water with Lemon essential oil in it is an example of which application method?