

# PROPOSED NATURAL HEALTH PRODUCT (NHP) USES:

## *All Products*

- Not for oral use.
- Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

## *Local application (10% or less of body surface area)*

- Apply to affected area up to 3 times per day.

## *Body massage (more than 10% of the body surface area)*

- Apply once daily.

## *Essential oils requiring dilution (topical)*

- Do not use essential oils undiluted.

## *Bath*

- Combine 2 — 8 drops of undiluted essential oil with the same amount of shampoo or liquid soap before adding it to the bath. Mix into the water gently. For maximum benefit, remain in the bath for 10 minutes. Use 2 drops of undiluted essential oil the first time and increase by 1 drop per bath up to a maximum of 8 drops (Tisserand 1977; Price and Price 2007).
- Use once daily.

## *Direct inhalation*

- Apply 1 — 6 drops of undiluted essential oil to a handkerchief/tissue and inhale occasionally (Price and Price 2007).
- Up to 3 times per day.

## *Steam inhalation*

- Add 3 — 12 drops of undiluted essential oil to a bowl of steaming water/facial steamer. Inhale slowly and deeply for 5 to 10 minutes (Price and Price 1999; Tisserand and Balacs 1995).
- Up to 3 times per day.

## *Compresses*

- Add 2 drops of undiluted essential oil to 500 ml of warm water in a bottle. Mix by shaking the bottle and immediately soak the compress. Squeeze lightly, apply the compress to the skin, and cover with clothes and/or towelling. Leave for 2 to 4 hours (Tisserand 1977).
- Up to 3 times per day.

