

Kai  ils

PUREST ESSENTIAL OILS FOR WELLNESS AND CARE



A KAI OILS GUIDE

Getting started with essential oils

Essential oils are for aroma and external use only. They are not medicines.

What is an essential oil?

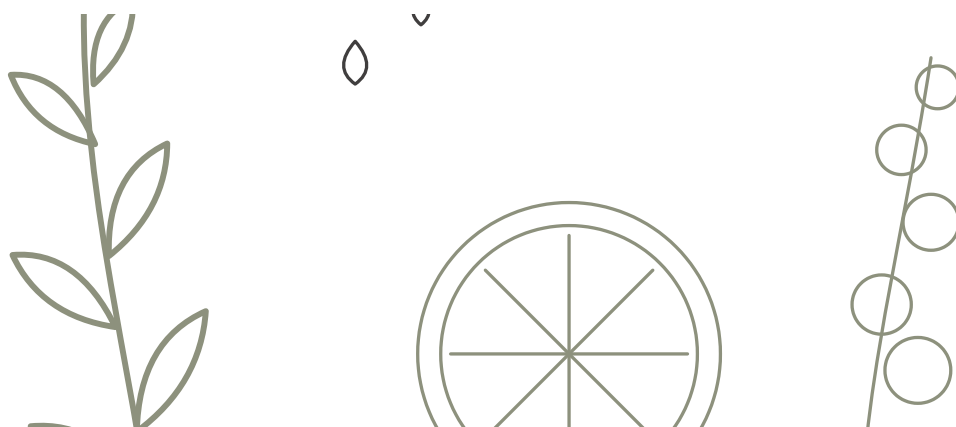
An essential oil is the aromatic oil of a plant, taken from its leaves, flowers, peel, wood or roots. Most are steam distilled: steam passes through the plant and carries the oil out. Citrus oils such as orange and lemon are pressed from the peel.

Essential oils are very concentrated. One 10 ml bottle holds about 200 drops, and one drop of rosemary oil comes from a large handful of leaves. That is why a little goes a long way, and why they must be diluted.

Essential oils and carrier oils

A carrier oil is a plain plant oil, such as our wood cold-pressed coconut, sesame or castor oil. It carries the essential oil safely onto the skin.

Essential oils go into the air and onto diluted skin. Carrier oils nourish skin and hair on their own, and many are also food. Never cook with essential oils.



Three ways to use them

Aroma. Add 4 to 6 drops to a diffuser with water, or 2 to 3 drops on a clay diffuser or tissue. Diffuse for 30 to 60 minutes at a time, in a room with some air flow.

Massage. Mix the essential oil into a carrier oil first (see the chart), then massage gently into skin or scalp.

Bath. Mix 5 to 8 drops into a spoon of carrier oil or milk, then add to warm bath or foot-soak water. Oil and water don't mix on their own.

Dilution chart

Measure: 1 teaspoon = 5 ml. A standard dropper gives about 20 drops per ml.

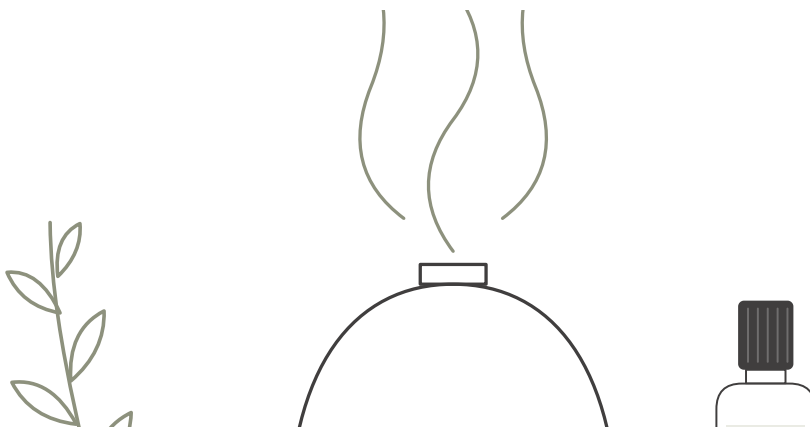
0.5% (1 drop in 10 ml): children 6 to 12, strong oils like clove and cinnamon leaf.

1% (1 drop in 5 ml): face, sensitive skin, older adults, pregnancy after the first trimester with your doctor's approval.

2% (2 drops in 5 ml): everyday body massage for adults.

3% (3 drops in 5 ml): short-term use on a small area.

Babies under 2: no essential oils. Use plain cold-pressed sesame or coconut oil.



Safety, simply

Patch test: apply your diluted blend to the inner arm and wait 24 hours.

Keep away from eyes, ears and the inside of the nose. If oil gets in the eye, wipe with a cotton pad soaked in plain carrier oil, not water, and see a doctor if it still stings.

Do not swallow essential oils. Keep bottles closed and out of reach of children and pets.

Lemon oil makes skin sensitive to sunlight for 12 hours after use.

If you are pregnant, breastfeeding, on medication, or have epilepsy, asthma or high blood pressure, ask your doctor before using essential oils.

Essential oils are for aroma and external care. They are not medicines and do not replace medical advice.

Storing your oils

Keep the cap tight and the bottle upright, away from sunlight and heat. Amber glass protects the oil from light; a cool cupboard does the rest.

Most essential oils keep for 2 to 3 years. Citrus oils are best within 12 months of opening. Cold-pressed oils are best within 6 months of opening.

Every KaiOils label shows a batch number. Message us that number to receive the batch's GC-MS test report.

