

WARNINGS & PRECAUTION FOR USE Reference GC019 - Version I du 16/10/2025

PRECAUTIONS AND PROPER USE OF ESSENTIAL OILS READ BEFORE USE

- Take care when using essential oils and use them in moderation. Essential oils are very strong.
- Essential oils should not be applied to the eyes, the eye contour area, nor into the ears. In case of contact, apply plenty of neutral vegetable oil and then rinse with water. Seek medical advice promptly.
- Always keep essential oils out of children's view and reach. For their safety, never remove the dropper capsule from the essential oil bottle.
- Some oils can be irritating or sensitising. Most essential oils are diluted in a vegetable oil when applied to the skin. We advise to always carry out a skin tolerance test in the crook of your elbow at least 48 hours before using the oil on the skin, either pure or diluted. If you notice a reaction (redness, itching, stinging, etc.), do not use the mixture.
- Some essential oils can be photosensitising.
- Some essential oils can be irritant, especially sensitising or can present a toxicity in high doses or over long periods. For further information or specific precautions for each essential oil, check online each product sheet on www.aroma-zone.com.
- As a rule, we advise against the use of essential oils by children under 6 years of age, pregnant or breastfeeding women, persons suffering from epilepsy or hormone-sensitive cancers, hypersensitive persons, and, in general, persons with health problems.
- Never inject essential oils.
- If you suffer from respiratory allergies or asthma, avoid inhaling the diffusion of essential oils.
- Do not combine essential oils and medicinal treatments without medical supervision.
- Food supplement essential oils should be diluted in good grade oil, honey, sugar or on a neutral pill when taken orally.
- In case of accidental ingestion, rinse the mouth out with food grade vegetable oil. Immediately call a poison center and take promptly medical advice.
- Do not induce vomiting. If possible, it is recommended to swallow 1 to 2 spoonfuls of food grade vegetable oil in order to dilute essential oil.
- If you have any doubts or questions, do not hesitate to seek medical advice..

The information regarding essential oils that you can find on our website, in our catalogue and in our brochures is for reference only. It is a summary of our interpretations of the various works on aromatherapy we have studied.

It should not under any circumstances be considered as a medical piece of advice and we deny any liability in relation to this information.

BEST PRACTICES FOR MAKING HOME-MADE COSMETICS READ BEFORE MAKING ANY PREPARATIONS

1 / BEFORE MAKING YOUR COSMETIC :

Ensure that you comply with the hygiene rules:

- Wear clean clothing that adequately covers the body (preferably disposable caps and gowns).
- Wash and dry your hands thoroughly or wear clean gloves.
- Sanitise the utensils and containers before use: either by immersing them in boiling water for 10 minutes (excluding plastic containers and pumps) and drying them thoroughly with a clean and dry cloth, or by rinsing them with pharmacy alcohol (excluding glass containers, little bubble jars, mini powder compacts, flat cases and 40 and 80 ml powder compacts that are not alcohol resistant: water) and air-drying them.

Prepare your workspace :

- Your work surface must be clean and uncluttered, keep food and drinks away.
 - Make sure you have the required ingredients and that they have not passed their use-by date.
- Prepare the necessary documents for making your product :
- Cosmetic recipe and a traceability sheet to note the ingredients, batches used, weights, and manufacturing date.

2 / WHILST MAKING YOUR COSMETIC :

- Follow the recipe carefully, respecting the indicated dosages, and complete your traceability sheet.
- Use tested "natural preservatives" such as Aroma-Zone's Cosgard if necessary (respect the dosage).
- Avoid touching the preparation and ingredients with your hands.
- It is sometimes necessary to heat certain raw materials up to a high temperature. The precautions for use must be respected to avoid burns and spitting. It is advisable to wear eye protection.
- When handling alcohol (flammable), keep it away from flames and any incandescent source. Handle alcohol in a well-ventilated area.

3 / AFTER MAKING YOUR COSMETIC :

- Check its appearance: ingredients should be dissolved and evenly dispersed, and the mixture should not be lumpy or separated.
- Immediately throw away any preparation when you notice the slightest amount of mould, an objectionable odor, or changes in its appearance.
- Carefully label your product with the name of the preparation, date of manufacture, composition, and optimal use date.
- Store your product under suitable conditions and keep out of reach of children.

4 / BEFORE USING YOUR PRODUCT :

- Some ingredients may be allergenic: always perform a preliminary test by applying your preparation over about 1 cm² in the crook of your elbow for 48 hours before using your preparation, to ensure that no reaction occurs (stinging, redness, difficulty breathing, etc.).

The home-made cosmetic recipes available on our website and in our documents are examples of how to use our ingredients; we deny any liability of Aroma-Zone in relation to these examples. They are original works protected by copyright. They may not be used for commercial purposes.