

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.

ADVICE SHEET

HOW TO PREPARE YOUR MATERIALS AND CONTAINERS

For plastic materials and all pumps

Alcohol sterilization (min 60° vol). Gloves are recommended.

(except for gloss containers, small bubble jars, mini powder cases, flat cases and 40 and 80 ml powder cases that are not resistant to alcohol: clean with hot water no warmer than 75°C).

Soak a clean cloth or paper towel in alcohol and rub it over your equipment, pump or the inside of your container. If the neck of your container is too narrow, pour alcohol inside, seal it, and shake it several times to coat all the inside surfaces. For pumps, pump the alcohol to sterilise the inside and fill the unit completely. Then pump out to empty and dry.

For other materials (glass, aluminium and others as shown)

Sterilize with boiling water. Gloves are recommended.

Pour water into a large pan and fully immerse your container or equipment to be sterilised. Bring to a boil and allow to boil for at least 5 minutes. Carefully remove the container or equipment using a clean utensil (such as tongs, salad servers, a fork, or other heat-resistant tool) and a kitchen towel. Place it on a clean cloth and leave to dry.

NB : using a pressure cooker or a bottle steriliser makes this easier and reduces the risk of burning.

Attention : never put aluminium in the microwave.

LABELLING AND TRACEABILITY OF YOUR HOME MADE COSMETIC PRODUCTS

HOW TO LABEL YOUR HOME-MADE COSMETIC PRODUCT

After having embarked on your home-made cosmetics journey, it is essential to label your formulations and follow safety procedures that are essential both for you and for others.

Careful labelling allows you to:

- Avoid any confusion about the type of product and its use
- Ensure the safety of your cosmetic product by clearly identifying its ingredients
- See the production date and shelf life of your formulation at a glance in order to ensure timely use

INFORMATION TO BE SHOWN ON THE LABEL

1/ NAME OF THE PRODUCT:

Give the precise **name** of the preparation (as well as its Aroma Zone **reference** number if it exists).

3/ PRODUCTION DATE AND SHELF LIFE:

Specify the **production date** of your home-made cosmetic product as well as the **use by date** based on the shelf life indicated in the recipe. Keep your preparations away from light and heat.

2/ COMPOSITION:

Write down on the label all the **ingredients** used in your home made cosmetic recipe.

4/ AMOUNT:

You can finish labelling your product by stating the **amount** of your product. If necessary, specify the type of **use** or the recommended skin types, and any particular **cautions** for use.

HOW TO FILL IN A TRACEABILITY LOG FOR HOME-MADE COSMETIC PREPARATIONS.

We recommend that you fill in a traceability log for all your home-made cosmetic products by indicating the following for each preparation:

- **Production date**
- **Name of the preparation with reference number if applicable**
- **Composition with full name of each ingredient, quantity used, and batch number**

This traceability log will allow you to trace the quantities and batches used for each ingredient. It will be helpful in understanding potential skin reactions and will allow you to search for the irritant and/or allergenic component.

