

National and International Professional Aromatherapy Organizations and Regulating Bodies

1. National Association of Holistic Aromatherapy

www.naha.org

2. Alliance of International Aromatherapists

<http://www.alliance-aromatherapists.org/aromatherapy/aromatherapy-safety/>

3. International Federation of Aromatherapists

<http://www.ifaroma.org/us/home/>

4. Aromatherapy Registration Council

<http://aromatherapycouncil.org/>

Injury Reporting

1. Atlantic Institute of Aromatherapy

<http://www.atlanticinstitute.com/injury-reporting/>

Dilution Rates

For children 6 and older 1% dilution

3 drops of essential oil per 1 tablespoon (15ml) of carrier oil

For general use on healthy adults 2%

6 drops of essential oil per 1 tablespoon (15ml) of carrier oil

For calculating dilution rates:

20 drops of essential oil = 1ml

1 TBSP = 15ml

1 oz = 30ml