



# ESSENTIAL OILS AND sun safety

## PHOTOTOXIC OILS

Lemon • Lime • Persian Lime • Pink Grapefruit

### SAFE DILUTION % FOR TOPICAL APPLICATION\*

Lemon 2% (6 drops or less of Lemon in 10 mL carrier oil)

Lime 0.7% (1-2 drops of Lime in 10 mL carrier oil)

Persian Lime 0.7% (1-2 drops of Lime in 10 mL carrier oil)

Pink Grapefruit 4% (12 drops or less of Pink Grapefruit in 10 mL carrier oil)

## NON-PHOTOTOXIC CITRUS OILS

Lemon Steam Distilled • Lime Steam Distilled  
Plant Therapy's Bergamot (Bergapten free)  
Sweet Orange • Blood Orange • Yuzu  
Tangerine • Mandarin

  
Plant Therapy®  
ESSENTIAL OILS



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\*The safe percentages listed for topical use are based on scientific research that you can find on the International Fragrance Association (IFRA) website.