

Ø < ß ?

|³/₄|¹[œQhc SW

Essential Oil Complete Reference

e6" 10 k>|³/₄|¹[œEetwå·X

S [xb R · RÿeH · DIY'Me¹ · Ž«_Ã—HvBeH · [%œQhc SW

|¾I'W "Qc SW · 2026^trH · educate · inform · inspire

vĭ“

| | |
|--|-----------|
| {,N zà0 ³/4l¹v,,N uLÿ _ži riR0vBvR | 3 |
| {,NŒzà0 10k> ³/4l¹[ŒEtNĚ}9 | 5 |
| Ø<ß2 f6j90 Melaleuca alternifolia | 5 |
| Ø<ß? ...„fw0 Mentha x piperita | 7 |
| Ø=Üœ ...°^cfI0 Lavandula angustifolia | 9 |
| Ø<ß? \R R)0 Eucalyptus radiata | 11 |
| Ø<ßJ u jY0 Citrus sinensis | 13 |
| Ø<ßK j,j-0 Citrus limon | 15 |
| Ø<ß3 Ns™™0 Boswellia sacra | 17 |
| Ø<ß1 ••í™™0 Rosmarinus officinalis | 19 |
| Ø<ß8 O•†-O•†-0 Cananga odorata | 21 |
| Ø<ß2 -êg~0 Cedrus atlantica | 23 |
| {,N zà0 ³/4l¹Š¿‘Mc SWÿ RMN-_ŒŠ¿ | 25 |
| {,VÛzà0 [%oQhO•u(bKQŠ | 26 |
| -D“ 0 z ‘ĚŠ {—• gâ & c“ ...!ŒÇn• | 28 |

{,N zà |¾I¹v,,N uLÿ _ži riR0vBvR

|¾I¹ÿ Essential Oilsÿ f/_ži riv,,±g50 „lrG0 j9v@0 h9•è0 z.[P{l•èOM,, SÖv,,šØ^loÃ~.,³TMTMriCEê0 0 |¾I¹0 –ÖT pº0 l¹0 ÿ [æ→>

|¾I¹v,, SÖe¹ _

| „ SÖe¹ _ | O•u(X4T | Nã~h ¾I¹ | Sÿt Šřf |
|-------------|-------------|----------------------------------|--|
| „,l}„,™> | g fn•M | ...°°cfI0 f6j90 \\$/R R)0 ...„fw | l4„l#z•• i gPÿ e ^6 ¾I¹R [Pÿ Q·QÝR –â |
| Q·XÓ„ SÖ | gÑjX~^\\ u(| u jY0 j,j–0 „a, gÚ0 „ YÆ | j_h°dàXÓgæv@ÿ q!– R q±ÿ OÝuYg [CEet™™™I# |
| CO ,•...èuL | g šØTÁCEê | Ns™™™0 ...'0 s«tp | q!n¶R'k~uYÿ OÝuYg [CEetS T riÿ OFb g,šØ |
| n¶R', SÖ | [Zé,±gP | f f%00 s«tpÿ Sÿ ¾ÿÿ | •iT q!lÖb•SxšØn«v„±gPÿ u"ripº0 Sÿ ¾0 |
| • T8IÖ | P³}qSälÖ | f f%00 fZ™™™s%0 | NãVúšÖI¹• T8–D™™™I#ÿ g CE»fBCE»]â |

|¾I¹v,,S [xeİ•, RÿeH\ qg

|¾I¹v,,RÿeHN;%0•u1QvS [xb R Iz[š0 N†%0ãS [xeİ•

| S [xeİ• | Nã~h ¾I¹ | N;%0•RÿeH | [%0Qhlèa |
|---------------------|-------------------------------|------------------------|-----------------------------|
| U@„ pi Monoterpenes | u jY0 j,j–0 „a, gÚ | cĐc/ Å}Ö0 b–I'S | cív _ëÿ RMŠÿÿ 0 lèa QleO`'` |
| U@„ † Monoterpenols | f6j90 ...°°cfI0 Y)zú„u | ^ãeHb—fÌ0 cĐSGQMu« | g [%0Qheİ•ÿ •iT Qh[¶O•u(|
| 'o~^ Esters | ...°°cfI0 •...™™™m u fÊ0 O•†- | “@—\0 b—uÙe#0 v@•šOî«w | n«TCE0 [%0Qh0 •iT eOa €CE |
| I'S ri Oxides | \\$/R R)0 •••í™™™0 g hB | y[uđ0 T T8•Sn oT | QRzâ «9aNO•u(|
| 'n^ Ketones | ...„fwÿ ...„fw•fÿ 0 r[••fI | n¶žĭm²0 OĀP·SāvRT | y^}“kÒ`™™™–aÿ «9aNO•u(|
| P SJ„ pi | –êg~0 Ns™™™0 ^ã...ÿ™™™ | mñ\db—pŽ0 cřW00 “@—\ | g [%0Qhÿ cív abÿ ^•Šÿÿ |

Ø<β2 f6j9 Melaleuca alternifolia

| | | | |
|----------|----------------------------|----------|---------|
| i riyÑ\ | hC'Ñ[CyÑ | TMTMŠ¿ | N-Š¿ |
| N;%•u"W0 | o³m2e°SWZ r>e ⁻ | S [xeİ•α | U@, ‡ |
| „ SÖe¹_ | „,}„,™> | [%oQh{l} | & & & & |
| N;%•b R | Terpinen-4-ol 30–48% | | |

f6j9|¾l'f/viRMyÑ[xx zvg QER v,)

h8_ÄRÿeH

%, ^ãeHb—fìÿ }0fì/uÁkÒ/w fÌN eHT N ÿ

%, QMu«|ú}qR:oÁ, e/c

%, v@•š<wt ÿ |%oR:0 kÚVÊpŽ0 P·Sã

%, ~-v@<wt ÿ ~-v@|Q0 • o `v@•špŽ

%, \E[¶n oTm^ˆkÒ

Ž«_Ä—HvBeH

mèS _Ä—Hzz•“0 šEecCE —bÉý'İ0 _7S _Ät OÝ<w•œ0 Xž_7a _xR>

c“...! DIY ‘Me¹

‘Me¹

b—fÌmè•šnpsátöÿ fwfW]ôl¹ 10ml + f6j9 5nô + ...°cfI 3nôÿ žPWX|%oR:ˆ£•è

[%oQhlèa N<~

& p CE“T²y•u(ÿ z ‘Ë1–2%O•u(ÿ y•kbSäg ÿ ••QMw<w[0

Ø<β? ..,,fw Mentha x piperita

| | | | |
|-----------|--------------------------|----------|------------|
| i riyÑ\ | U _byÑ | TMTMŠ¿ | RMŠ¿ |
| N;%o•u"W0 | •ŽW 0 Sp^! | S [xeİ•α | U@„ †0û'n^ |
| „ SÖe¹_ | „,}„,™> | [%oQh{l} | & & & |
| N;%o•b R | ...,,fw•f Menthol 40–55% | | |

...,,fw|¼!¹NâQvn m¼z•• v,...,,fw•

h8_ÄRÿeH

%_ }é%oã}Ê_5W<~uÛÿ Y*~}ztY u(ÿ

%_ cÐSG\ lèR>, †f%o°¹

%_ m^S N •i• R©ÿ z 'Ë•y•èc diÿ

%_ n m¼, }é€œ€€%oUâuÛ

%_ T|T8•Sn •

Ž«_Ä—HvBeH

n fp` }Ò0 _7S \ lè0 bSx4P\nia 0 'Íe°Qúv|v,,c/YnR>Ï

c¨...! DIY 'Me¹

'Me¹

~uÛ}é%oãñpsátöÿ fwfw}òl¹ 10ml + ...,,fw 8nô + ...°cf| 5nôÿ XWY*~}zt

[%oQhlèa N<~

& p 5krNâN ^|QR•É~8•èy•u(0 dô™™™•“kGO•u(ÿ [UZfY“İO•u(— †9aN0

Ø=Üœ ...°^cfl Lavandula angustifolia

| | | | |
|----------|-------------------------------------|----------|-------------|
| i riyÑl | U _byÑ | TMTMŠž | N-Šž |
| N;%•u"W0 | IÖW fn•...eúe¯0 OÝR R)Nž | S [xeİ•α | 'o~^0úU@, ‡ |
| „ SÖe¹_ | „,l}„,™> | [%oQh{l} | & & & & |
| N;%•b R | NY'xl%o™™'o 25–46% + l%o™™'‡ 25–38% | | |

,³vBuL0 „,u(|%l'0 ý } g 0 |%l'NKKl
 Maurice
 Gattefossé qÒP·_CENå...°^cfl`%

h8_ÄRÿeH

% e9U„waw TÁœêÿ ~.wíQewafB•“ÿ
 % b—q&an0 –MONXÓR›fwr>„™
 % v@•šOî_@, OÃ•2P·SävRT
 % ,)é†Š†òSiT–0 qÒqÙP·`%eQ
 % Šž{Ä`@XÓ, _Äs†

Ž«_Ä—HvBeH

^s—_Ä—H0 d<^sW÷_ö0 •êb vBvR0 QgW(^s^a, TœŠç

c“...! DIY ‘Me¹

‘Me¹

mñwag•~Vt—ÿ } l4 100ml + ...°^cfl 15nô + –êg~ 8nô + \©†-fl 3nô

[%oQhlèa N<~

& p [Ug RMN g ‹9aNÿ 2krNåN Siz ‘ËO•u(0 \ exN^ ‘o~^eOa ÿ QHPZv®•šn,Šf0

Ø<β? \\$R R) Eucalyptus radiata

| | | | |
|---------|--------------------------|----------|--------|
| i riyÑ\ | hC'Ñ[CyÑ | TMTMŠž | RMN-Šž |
| N;%u"W0 | o³m2 | S [xeİ•α | I'S ri |
| „ SÖe¹_ | „,}„,™> | [%Qh{l} | & & & |
| N;%b R | 1,8-hll'† Cineole 62–72% | | |

\\$R R)f/g wãT v„T|T8•S|¼l'y Qv1
globulusy fôn«TCEÿ f/[¶^•O•u(™-

h8_ÄRÿeH

- %₃ fç• Y;X^0 y[uð0 }é%ãN T|T8•SuÇrÀ
- %₃ b—uÄkÖÿ mAa ÿ 0 b—}0fİ
- %₃ cÐy^'•f0 e9U„lèa R›
- %₃ zzl#mèS , m^kÒ
- %₃ , }é•Ü{À, €CE€%oN •i

Ž«_Ä—HvBeH

dô\U%—î0 n -d' }--œy 0 •êu1T|T80 'Ëe>•NS»-PR6

c"…! DIY 'Me¹

'Me¹

„,}T8Qe'Me¹y q±l4 500ml + \\$R R) 3–5nôÿ ~•è—`•Ñx—SãmñT|T8 5 R "

[%Qhlèa N<~

& p 2krNâN [0^|QRy•u(NûOUTÁz.0 l#U~£€ ‹9aN0 xºŠ•[xT ÿ E. radiata• n«TCEÿ 0

Ø<BJ u jY Citrus sinensis

| | | | |
|----------|-------------------|----------|---------|
| i riyÑl | ,, TMTMÿÑ | TMTMŠ¿ | RMŠ¿ |
| N;%•u"W0 |]ô%•0 •©Y'R) | S [xeİ•α | U@, pī |
| „ SÖe¹_ | Q·XÓ„ SÖ | [%•Qh{l} | & & & & |
| N;%•b R | d-Limonene 85–95% | | |

u jY|¾l'f/g %•l 0 g [%•Qhv„Qe•€]

h8_ÄRÿeH

% SsfBcĐc/ Å}Ö0 šEeca,›1

% -MONq&an, }Ê_5a

% OÄ•2mˆS 0 e9U„•9l#

% QRzâ[%•d«ÿ g SËU„|¾l'ÿ

% Y)q6-d•í, zzl#, 3TMTM

Ž«_Ä—HvBeH

^6O†Uœ`...0 n«f-N°_Ä0 CEPvÛ€ý'İ0 bS•<_Ä•*•#}P

c¨...! DIY 'Me¹

'Me¹

n fh_ëj dôTMTMÿ u jY 4nô + ...,fw 2nô + j,j- 2nôÿ eéfh]âO\RMdôTMTM 30 R ”

[%•Qhlèa N<~

& p Q·XÓrHg QleO`ÿ XWv®š_Œ 12 \ fB••QMeáfi0 •«tö_Œ 6–12 P g O•u([ŒEub0

Ø<BK j,j- Citrus limon

| i riyÑl | ,, TMTMyÑ | TMTMŠđ | RMŠđ |
|-----------|-------------------|----------|---------|
| N;%o•u"W0 | •©Y'R)0 -?h9^÷ | S [xeİ•α | U@, pī |
| „ SÖe¹_ | Q·XÓ„ SÖ | [%oQh{l} | & & & & |
| N;%o•b R | d-Limonene 60–75% | | |

n r='xTMTMv,,j,j-|¼l'f/•!Ql[đ\ lè'Me¹

h8_ÄRÿeH

- %_7S ••/ € , lz{VR}
- %_Y)q6n oTm^kÖÿ ^Úb?g a ÿ
- %_cĐSGQMu«R
- %_mèS zzi#N-v,,}0fÌ
- %_`À)Ö• vÈ0 zMiuT N

Ž«_Ä—HvBeH

n fplz{V0 QÈS zz•“0 oÀv|Rua 0 Qlf zMiu,,u T}aK^!

c“...! DIY ‘Me¹

‘Me¹

^Úb?n oTVt—'ÿ v}‘ 100ml + } l4 100ml + j,j- 20nô + f6j9 10nô

[%oQhlèa N<~

& p _7QleO`'ÿ XWv®•š_œ 12–18 \ fBV`h<••QMeâfi0 eâ•“w•šŠËe9u(,, TM>rHg,0

Ø<β3 Ns^{TMTM} Boswellia sacra

| | | | |
|-----------|--|--------------------|-------------------|
| i riyÑ\l | jDk yÑ | TMTMŠ _z | _CEŠ _z |
| N;%o•u"W0 | -?fü0 }"TM-R)Nž | S [xeİ•α | U@, pī0ûP SJ,, pī |
| „ SÖe!_ | „,}„,™> | [%oQh{l} | & & & & & |
| N;%o•b R | ; ØHç ò ² -æ6Vç6öÆR 6WF F_đ...‘Šçâ Ö4”AÇ yđ• | | |

N"SC^tN •“e.v,,—H`'O•u(kwSò—
 Moussaieff v,,y^}“yÑ[xx zvcíy:ÿ N
 Incensole
 acetate €ým;S Y'•fu"u mñld—\š

h8_ÄRÿeH

- %_s mñld—_Ä, —H`'Q¥´ ó
- %_s b—€ Oîw0 OÄ•2v@•š}0€PQ•u
- %_s b—pŽÿ Ns^{TMTM}‘xb'R65-LOXÿ
- %_s , }é`Ä}Öq&an, `Paü
- %_s y^}“OÝwO\u(

Ž«_Ä—HvBeH

—H`'cÐSG0 •...•Š`Paü0 mñldQgw 0 •#}Py^€V0 a ‹Xdô\U

c“...! DIY ‘Me¹

‘Me¹

Q¥´ ódô^{TMTM}ÿ Ns^{TMTM} 4nô + -êg~ 3nô + ^ã...ÿ^{TMTM} 1nôÿ Q¥´ óRM 10 R ” U_RÖ

[%oQhlèa N<~

& p [Ug RMN g y•u(0 CEüCE-fBx°Š•[xT y B. sacra -?füu"p°g Q*CEêÿ 0

Ø<β1 •÷•í™™™ Rosmarinus officinalis

| | | | |
|----------|-------------------------------------|----------|--------------|
| i riyÑl | U_byÑ | ™™™Š¿ | N-Š¿ |
| N;%•u"W0 | IÖW 0 %•sírY0 dim Tå | S [xeİ•α | I'S ri0û'n~^ |
| „ SÖe¹_ | „,}„,™> | [%•Qh{l} | & & & |
| N;%•b R | 1,8-hll'†ÿ hll'†CTÿ b j •fÿ j •fCTÿ | | |

Sä^ •Ø[xu b4•÷•í™™™,±Q SÄR €

Panahi 2015^tx zvfô~oy:OÄ•2~-šî

h8_ÄRÿeH

- %_ cDSGŠ a¶R›, Š•wâRÿ€ÿ
- %_ OÄ•2~-šîu •wÿ \ b—Ä`y¿ÿ
- %_ , }é€€€%•Ü{ÄuàU
- %_ OÄ•2~-v@_at°
- %_ cDc|¾y^0 \ b—u²Rb

Ž«_Ä—HvBeH

Xž_7Š a¶0 cDSG•êOá0 QKg s6€ek0 m;S Y•fW÷`LR›

c~...! DIY 'Me¹

'Me¹

OÄ•2šî'í|¾fÿÿ fwfW]ôl¹ 30ml + •÷•í™™™ 10nô + ...,fw 5nô + -êg~ 3nôÿ c dî~v@_€—\•n 30 R "

[%•Qhlèa N<~

& p [UZfetP [Ug y•u(ÿ šØ^@XÓ0 vrvG`£€ y•u(0 x°Š•S [xW'ÿ CTÿ 0

Ø<ß8 O•†-O•†- Cananga odorata

| | | | |
|----------|--------------------------------------|----------|-----------------|
| i riyÑ\l | ujfTg•yÑ | TMTMŠ¿ | _CEŠ¿ |
| N;%•u"W0 | Sp\<0 fò_<CEÓ0 TM→•TR e`R | S [xeİ•α | 'o`^0ûP SJ,, pī |
| „ SÖe¹_ | „,l}„,™> | [%•Qh{l} | & & & |
| N;%•b R | NY'x,Ä'o + ,iü2'x,Ä'oÿ Y z.'o`^m=T ÿ | | |

O•†-O•†-f/N uL~ } TMTMI4Sÿe™ÿ
 gratanaworakit
 2006^tx zv\l[æQv~o,,W-MON^@>

h8_ÄRÿeH

- %, -MON^@XÓ, _Äs†ÿ _Ä^@{iOÿPeÿ
- %, mñ^!b—q&an, , XÓ
- %, ‹wšÿy ^s^a~v@l!• 0 XžR Qloα
- %, Uš"a [˘0 mjo+`Äa÷
- %, ^s^afwr>„™^ Ä}ÒlâRÖ

Ž«_Ä—HvBeH

Uš"a [˘0 •êb cÿ} 0 bS•<_Ä•*0 mjo+`Äa÷0 `Ä}Ò%ãQÍ

c¨...! DIY 'Me'

'Me'

–MXÓc dil'ÿ u gONÁl' 30ml + O•†- 4nô + ...°^cfI 5nô + –êg~ 3nô

[%•Qhlèa N<~

& p kík!dô™™™N •...•N 2 nôÿ ••QM~f~VA_Ä0 [UZf:9aN0 \ 'ÿY k!SÿRG0

Ø<β2 –êg~ Cedrus atlantica

| | | | |
|----------|---|--------------------|-------------------|
| i riyÑ\ | g~yÑ | TMTMŠ _z | _CEŠ _z |
| N;%•u"W0 | dim Tâ~?rybÉe\q | S [xeİ•α | P SJ, pī |
| „ SÖe¹_ | „,}„,™> | [%Qh{l} | & & & & |
| N;%•b R | ;"ÖYÉšÆ,™IW ò ² 6VG&öİđ...‘šçâ Ö4" AÇ yđ• | | |

žĪ]ôZé–êg~f/€V}“N-g y^€Vv,,j9g()
Cedrol T8UÁ€ý~o,,W–MON_Ăs±

h8_ĂRÿeH

- %_s mñ\de> , e9U,,waw
- %_s c≠W0[%•y^0 ^úzĚ[%Qha
- %_s ~-v@wt y b~v@Q0 _7S kŪVĚ
- %_s b—pŽ0 , }é•Ü{Ă
- %_s • R@e9U,,ADHD\ lèR>

Ž«_Ă—HvBeH

zi[šç≠W00 ^úzĚ[%Qha 0 h9•*€ý'İO Y,Y'j9,,v,,•èW(a

c"…! DIY 'Me¹

'Me¹

mñ\dwaw 'Me¹y –êg~ 3nô + ...°cfI 3nô + \©†-fI 1nôy waRM 30 R " dô™™™

[%Qhlèa N<~

& p [UZfetP [Ug ••u(0 CEüCE-x°Š•[xT y Cedrus atlantica Y'••m –êg~y 0

{,N zà |¾|¹Šž ‘Mc SWÿ RMN- _ŒŠž

TMTM|4v,,\dk!a O†•êN T cîv|• ^îv,,|¾|¹0 RMN- _ŒŠž0 g¶|iË0 cŒcá• P |û)qÿ \1€ÿRu• Qúg mñ^!0 g <ŠS v,,TMTM|#‘Me¹0

| TM TM Šž | a SxR0v,,fBj_ | uY ^{TMTM} fB•“ | Nã^h ¾ ¹ | Šž ‘MkÔO |
|---------------------|-------------------------|------------------------------------|--|----------|
| RMŠž Top Note | 5–20 R ” | 0.5–2 \ fB | ...,fw0 gÑjX^ÿ u jY0 j,j-0 „a,, gÚÿ | 20–30% |
| N-Šž Heart Note | 20 R ” _Œ | 2–6 \ fB | ...°^cfI0 O•†-0 Y)zú,,u0 s«tp0 •÷•i ^{TMTM} | 30–40% |
| _ŒŠž Base Note | N~TM TM –Žkμ | 6–24 \ fB | –êg~0 Ns ^{TMTM} 0 ^ã...ÿ ^{TMTM} 0 ©†-fI0 j€ ^{TMTM} 20–30% | |

žĀ‘ÑŠž ‘MkÔO

N ,,Šž^{TMTM}ú^pÿ RMŠž 20–30% + N-Šž 40–50% + _ŒŠž 20–30%

Oÿ RMŠž u jY 3nô + N-Šž...°^cfI 5nô + _ŒŠž–êg~ 3nô = 11nôÿ R Qe 10ml Wú^!¹ = } 2% oĂ^ÿ

10k>^8%o<Šž ‘M}DT

| ‘Me¹T z1 | ¾ ¹‘MkÔ | O•u(e¹_ | g Os^ĂXf |
|-----------|--|--|--------------------|
| mñwa[‰oy^ | ...°^cfI 3 + –êg~ 2 + O•†- 1 | dô ^{TMTM} b g•~Vt—’ | Y1w 0 •f[PP\N N O† |
| \ lècDy^ | •÷•i ^{TMTM} 3 + j,j- 3 + ...,fw 2 | dô ^{TMTM} | <€fø0 JáO\0 € Šf |
| T T8~ fç | \\$R R) 4 + f6j9 2 + ...,fw 2 | dô ^{TMTM} b €ø•èc di | a Q’0 Ÿ;X^ |
| `Ă}ÒcĐc/ | u jY 4 + ...°^cfI 3 + O•†- 1 | dô ^{TMTM} b láoj | `Ă}ÒON,,=0 q&an |
| —H`Q¥’ ó | Ns ^{TMTM} 4 + –êg~ 3 + ^ã...ÿ ^{TMTM} 1 | dô ^{TMTM} | Q¥’ ó0 t\šË |
| v@•šOîw | ...°^cfI 4 + Ns ^{TMTM} 3 + f6j9 2 | Šž TŒEb <w•š!¹ | P•Sã0 ‰R:0 Oî_© |
| •KRŌ_Œ | ...,fw 4 + •÷•i ^{TMTM} 4 + ...’ 2 | Šž TŒEc dil¹ | €Œ€‰%uàuÛ |
| mjo+`Ăa÷ | u jY 3 + O•†- 2 + –êg~ 2 | dô ^{TMTM} | NCEN‰fBQI |

{,VÛzà [%QhO•u(bKQŠ

& p |¼l'N f/ßTÁ0 N f/...âTÁÿ f/— %•c9aNO•u(v,,oÃ~.i riS T ri0 ŠËRÛ_ÁN†%ãNâN [%QhSÿRG0

žĀ'Ń[%QhSÿRGÿ 5 h•ÿ

- % z 'ËQ•O•u(ÿ b N°eâ^8 2%0 [UZf/QRzâ 0.5–1%ÿ _žONoÃ^!•YËV Šf
- % e°|¼l'QHPZv@•šn,Šfÿ bK•UQgPtz 'ËXWb'ÿ %•À[ß 24 \ fB
- % gŃjX~^lèa QleOÿ XWv@•š_ÇE 12 \ fBQg••QM)+Y }Úqg\
- % g ÇE“v,,[¶^lèa Ÿ f6j90 v~'jTMTM{|¼l' ÇE“SřËÿ•ôT}
- % Sâg y•kbÿ b@g |¼l'WGN SiSâg Ÿ —d—^W('«^+b T h<,³vB^+c \ N

rykŠeï•N %½

| eï•N | N;%•—PR6 | ^ú,p |
|-------------|-------------------------------------|------------------------------------|
| [0^ QR <2kr | ...,fw0 \ \$R R)y•u(ÿ ...°cfI0.5%Si | •É•èTÇE~8•èy•kbXWb'...,fwTÇEhll'†^ |
| QRzâ 2–12kr | b@g ¼l'z 'Ë1%NâN | ••QM...,fw^\\$R R)XWb'•É~8 |
| [UZfRMN g | ^~NNb@g ¼l'••u(| ...°cfISiïuONR“ÏUÁ€^ |
| [UZfN-_ÇEg | ...°cfI0 u jYONR“İSi | ••QMç di•y•è0 y••:•íTMTM/—êg~ |
| šØ^@XÓ`£€ | •:•íTMTM y•u(| ...°cfI0 O•†-ÿ ONR“Ïÿ g vË |
| vrvg`£€ | •:•íTMTM0 r{•fIy•u(| N „ONR“ÏO•u(“—âN Y' |
| ÇE“Tâ | f6j90 v~'jTMTM{ y•u(| x°OÝÇE“TâSi•èu1—â•çdôTMTMzz•“ |

}Ë`%`%eQÿ 3z.^8%ç`ÁIÁ

| `ÁIÁ | kcx°†Ut | lèa Nç |
|------------|--------------------------------------|---------------------------|
| } l'c%v@•š | QH(u(i ril'dæbíÿ —l4ÿ ÿ Q•u(€¥v,m | N %•vôc¥u(l4l-ÿ dôec ¼l'ÿ |
| ŠQew<w[| i ril'hÉrGdæbí+Y“İn l4l- 15 R ” | %•R> !ËzËSs`%Š: |
| N aNT V¥ | Y“İn l4ÿ N P-T ÿ ÿ d¥ 1925 kÔc\$N-_Ã | N %•}fr[Yv |

-D“ z ‘Ë_ë• Š {—^h

QI_ y b@— |¾l¹nôex = Wú^!¹ÿ mlÿ x z ‘ËoÃ^!ÿ %ÿ x 0.2

| Wú^!¹ | 0.5% [0^ QR | 1% QRzâ/eOa | 2% N „b N° | 3% \@•èO•u(| 5% `%'O•u(|
|--------|-------------|-------------|------------|-------------|------------|
| 5 ml | 0.5nô"H1nô | 1nô | 2nô | 3nô | 5nô |
| 10 ml | 1nô | 2nô | 4nô | 6nô | 10nô |
| 20 ml | 2nô | 4nô | 8nô | 12nô | 20nô |
| 30 ml | 3nô | 6nô | 12nô | 18nô | 30nô |
| 50 ml | 5nô | 10nô | 20nô | 30nô | 50nô |
| 100 ml | 10nô | 20nô | 40nô | 60nô | 100nô |

c“...!x•ÒOEÇn•

%_ |¾l¹W "Qc SW}²zÜÿ <https://kiollery8-dev.github.io/essential-oil-guide/>

%_ 0 Essential Oil Safety0 by Robert Tisserand & Rodney Youngÿ ,ñe†ÿ Qht g k Z ÿ

%_ NAHAÿ •ŽW etšÓ,³vBSTg ÿ ÿ <https://www.naha.org/>

%_ IFAÿ ,ñW W →,³vB^+€ovßÿ ÿ <https://ifaroma.org/>

QMÇ-€rf

g,-û[PføQg[¹O•dÚspg yÑ[xe†s{, ³vB[æŽ ett ÿ PÂO›N „eY€²SÃ€ 0 |¾l¹N f/...âTÁÿ NûOUu¾uÁv„l»vBŠËŠiŠbT h<‘«^+