## Phototoxic Oils

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Safe Dilution % for Topical Application</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grapefruit Pink</td>
<td>4% (12 drops or less in 10 ml carrier oil)</td>
</tr>
<tr>
<td>Lemon</td>
<td>2% (6 drops or less in 10 ml carrier oil)</td>
</tr>
<tr>
<td>Lime</td>
<td>0.7% (1-2 drops in 10 ml carrier oil)</td>
</tr>
</tbody>
</table>

### Non-Phototoxic Citrus Oils

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

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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.*