

How to look after your oils

Storage guidelines and why it matters



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Why do we need to think about looking after our oils?

Essential oils can degrade quickly if we don't look after them properly

It's important to look after your essential oils, so they stay in good condition for longer and we don't have any accidents

What we need to think about

◆ TEMPERATURE

◆ PETS AND CHILDREN

◆ AIR

◆ Temperature

Essential oils are bottles of chemicals, so it's important to think about how we store them

To keep them at the ideal temperature we should follow these tips

✿ Keep them cool and dark

✿ Store in glass bottles

✿ Don't use clear glass

◆ Keep them cool and dark

To keep your essential oils in their best condition, you need to keep them in a cool, dark place

You can keep them in the fridge, but remember, it can make your fridge smell and taint your food

If your oils are very cold they will be thicker, and may be harder to get out of the bottle!





Store in glass bottles

Essential oils can be stored in plastics safely for about two weeks

Essential oils slowly eat the plastic, so it's not a good idea to leave them in a plastic container for a long time





Don't use clear glass

We usually use coloured glass for essential oils, because it filters out some of the sun

This stops the light changing the chemical composition of the essential oil and helps them last longer



◆ Air

Essential oils react with the chemicals in the air, so over time, this can also cause them to degrade. Once your oil degrades, it can cause skin irritations

This is because the chemicals in the essential oil has reacted with the chemicals in the air. This process is known as oxidisation





◆ Keep the lids on

Whenever you're not using your essential oils, put the lids back on

This is the best and easiest way to stop your oils reacting with the air

◆ Citrus oils

Citrus oils are the worst offenders for reacting with air

Think about buying them in smaller bottles, so there's less air gap as it's used

Consider not putting a citrus oil on your skin after six months , or when there's only a little bit left in the bottle, as it may have oxidised



◆ Pets and Children

Children and pets are most at risk of accidents involving essential oils

Simple steps can make sure we keep our loved ones safe



Keeping everyone safe



Be careful with toddlers

Toddlers are naturally inquisitive, so always make sure essential oil items are kept out of their reach

Most accidents involving essential oils involve toddlers

Don't remove the dropper

The dropper is designed to help you measure out the number of oils you need, but it also stops pets and children being able to ingest it easily

Keep out of Reach

Make sure you don't leave your essential oil products in places easy to reach by children and pets

Love your oils!

Take these few steps and you'll
get to enjoy your essential oils
for longer

