LiveGood Essential Oils: How to Dilute, Pet Safety & Common Questions

LiveGood: Sleep & Calm · https://coachluke.com/docs/livegood-essential-oils-how-to-dilute-pet-safety-common-questions/

Quick reference for LiveGood Essential Oils. The full review covers every bottle and the pricing in depth.

Which oils are in the set?

Six 15 ml bottles: Lavender (Bulgaria), Peppermint (USA), cold-pressed Lemon (USA), Tea Tree (Australia), Frankincense (*Boswellia serrata*, India) and the Immunity Blend of clove bud, cinnamon bark, wild orange, eucalyptus and rosemary. Each is pure and undiluted, third-party tested, and also sold on its own.

How do I use them?

Diffuse about 5 drops for aroma. For skin, always dilute in a carrier oil such as fractionated coconut or jojoba: LiveGood suggests 5 drops per half teaspoon of carrier, and half that is a gentler start, especially on the face. Keep them away from your eyes.

Can I take them by mouth?

No. LiveGood's page mentions a drop of peppermint on the tongue for fresh breath, but essential oils are highly concentrated, and I recommend keeping them out of your mouth entirely.

Are they safe around pets?

Check with your vet first. Cats are especially sensitive to oils like tea tree, peppermint, eucalyptus and citrus, so do not diffuse them in a closed room with pets, and never apply oils to an animal without your vet's OK.

Who should check with a doctor first?

Talk with your doctor before using them if you are pregnant or nursing, have asthma or another breathing condition, or have sensitive skin. Keep them out of reach of children, patch-test any blend, and keep cold-pressed lemon off skin that will be in the sun, since citrus oils can increase sunburn risk.

Is the set worth it over single bottles?

Yes, if you will use most of the six. The set is $29.95 at the member price, while the same six bottles bought one at a time cost $64.70 at member prices. See the LiveGood vs doTERRA comparison for the bigger picture.

What if I do not love them?

Every order carries LiveGood's 90-day money-back guarantee. See the guarantee explained for how it works.

Disclosure: Coach Luke is an independent LiveGood affiliate and may earn a commission on purchases made through links on this site, at no extra cost to you. This is not medical advice.