



How to Substitute Essential Oils

FLOWCHART



What is the purpose of the blend?

Therapeutic

Aromatic

Do you have a different variety of the same oil?

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Yes

No

Yes

No

Awesome! Use that.

Use that!

Do you have other oils that are good for the same purpose?

Do you have any oils of a similar type?
(floral, citrus, resin, etc...)

Yes

No/Not sure

Yes

No

Are they the same type?
(wood, citrus, herb, etc...)

Check Constituent & Substitution Charts to make sure

Consult the Fragrance Wheel to determine the best option.

Leave it out.

Yes

No

Actually, yes!

No

Determine whether it's a top, middle or base note and choose an oil of the same note type.

Either way, work with what you've got!

Use that!

Leave it out.
Make up the difference with the other oils in the recipe.