AromaSynergie

# User Manual

Track the essential oils you own, build blends that suit the person you are making them for, and understand every precaution that applies.

| The app at a glance | |
|---|---|
| **Essential oils** | 92 referenced, searchable by common or botanical name |
| **Goals** | 46 across 8 categories |
| **Blends** | 77 synergies, each adapted to the selected profile |
| **Profiles** | 7, from infant to pregnancy, each with its own dilution limit |
| **Languages** | English, French, Spanish |

Version 1.0

# Before you begin

This application provides information and wellness content related to aromatherapy. **It does not replace medical advice, diagnosis or treatment.** You will be asked to accept this notice the first time you open the app, and you can read it again at any time from Settings.

> **This app is not a medical device**
>
> If a symptom persists, worsens, or you are unsure about anything, speak to a doctor or pharmacist. In case of accidental ingestion, eye contact or a severe reaction, contact a poison control centre or emergency services immediately.

## Five rules that apply to everything in this manual

- **Never apply an essential oil undiluted** over a large area, or in the eyes, ears, or on mucous membranes. The app always tells you how much carrier oil to use.
- **Patch test before the first use.** Put a little of the finished blend on the inside of the elbow and wait 24 hours. Stop at the first sign of redness, itching or burning.
- **Respect the profile.** A blend calculated for an adult is not a blend for a child at a smaller dose — some oils are excluded outright.
- **Keep oils away from children**, out of reach and out of sight, and never leave a diffuser running in a room where an infant is sleeping.
- **Tell your doctor** which oils you use if you are on medication, pregnant, breastfeeding, or being treated for a chronic condition.

> **One route the app deliberately leaves out**
>
> The app never proposes oral use. Taking essential oils by mouth belongs with a professional trained in aromatherapy, on their prescription.

# Getting started

The app opens on four tabs, and you will move between them constantly: My oils is what you own, Create turns a goal into a blend, Wishlist is what to buy next, and Settings holds your language, your default profile and your health precautions.

## First launch, in three moves

1. **Choose your language.** English, French and Spanish are offered on the welcome screen. Everything switches immediately — oil names, precautions, the lot — and you can change it later in Settings.
2. **Read and accept the safety notice.** You cannot enter the app until you do. It stays available in Settings afterwards.
3. **Set your default profile.** Settings → Profile. This is the person you most often make blends for. It decides which oils the app will offer you and at what strength, so it is worth getting right.

## The four tabs

| Tab | What it is for |
|---|---|
| **My oils** | Search the catalogue and tick what is on your shelf. The counter at the top shows how many blends you can make right now. |
| **Create** | Pick a goal, pick who it is for, pick a mode. You get a ranked list of blends with a compatibility badge on each. |
| **Wishlist** | Oils you have saved to buy, plus recommendations ranked by how many blends each one would unlock. |
| **Settings** | Language, default profile, health precautions, and the safety notice. |

# My oils — your inventory

Everything the app recommends is measured against this list, so it is worth keeping accurate. Adding an oil takes one tap.

## Finding an oil

The search field matches the common name in your language *and* the botanical name, so **Lavender**, **Lavande** and **Lavandula angustifolia** all find the same oil. This matters more than it sounds: bottles are labelled inconsistently, and the botanical name is the only reliable identifier. Two oils can share a common name and be completely different products — Ceylon cinnamon bark and Ceylon cinnamon leaf are the same plant, but the bark oil is far more aggressive on skin. The app shows the part of the plant beside the botanical name so you can tell them apart.

## Marking what you own

- Tap the **circle on the left** to add or remove an oil from your inventory.
- Tap **anywhere else on the row** to open the oil's full sheet.
- Use the **filter button** in the top right to show only the oils you own.
- A **heart** means the oil is on your wishlist; a **red octagon** means it carries at least one serious precaution.

## Reading an oil sheet

The sheet opens with the name, the botanical name and the part of the plant, then the chemical family and what that family does. Below that sits the part that changes with context: a row of profiles, each marked with a tick or a cross.

Tap any profile to see the verdict for that person. This is where you learn that an oil you have used for years is not suitable for your six-year-old, and precisely why. The sheet also lists the minimum age, the status in pregnancy and breastfeeding, any dilution ceiling specific to that oil, possible substitutes, and how many blends it appears in.

> **Ages line up with profiles**
>
> The minimum age shown always matches the profiles the oil is blocked for. If a sheet says 7 years, the oil is unavailable for the 3–6 profile and available for 7–12. There is no gap between the two.

# Creating a synergy

A synergy is a blend of several oils chosen to work together toward one goal. Building one takes three decisions.

## Step 1 — Choose a goal

There are 46 goals grouped into 8 categories. You can browse them or type into the search field, which also matches everyday words rather than only the official title: searching *cramps* finds Period pain, *mosquito* finds Insect repellent.

| Category | Examples |
|---|---|
| **Skin & hair** | Acne & blemishes, Athlete's foot, Bruise, Cold sore, Dandruff, … |
| **Respiratory** | Bronchitis, Chesty cough, Common cold, Dry cough, Flu-like symptoms, … |
| **Mind & sleep** | Anxiety, Fatigue, Focus & concentration, Jet lag, Low mood, … |
| **Pain** | Back pain, Headache, Joint pain, Migraine, Muscle pain, … |
| **Digestion** | Bloating & gas, Constipation, Motion sickness, Nausea, Poor digestion |
| **Women's health** | Menopause, PMS, Period pain |
| **Other** | Oral care, Teething |
| **Circulation** | Heavy legs |

## Step 2 — Say who it is for

This is the most consequential choice in the app. The profile does not simply scale the dose down — it changes which oils are allowed at all, which application methods are permitted, and how long you may continue.

| Profile | Who | Limits |
|---|---|---|
| **Infant** | 3 to 36 months | Maximum 1% dilution, topical route only, no diffusion or inhalation |
| **Child 3-6** | 3 to 6 years | Maximum 2% dilution, no steam inhalation and no oral route |
| **Child 7-12** | 7 to 12 years | Maximum 3% dilution, no oral route |
| **Adult** | 13 years and over | Maximum 5% dilution for everyday use |
| **Senior** | 65 years and over | Maximum 3% dilution, extra vigilance on drug interactions |
| **Pregnancy** | From the fourth month only | Maximum 1% dilution, a very restricted set of oils |
| **Breastfeeding** | Maximum 2% dilution | Never apply to the chest before a feed |

> **A note on pregnancy**
>
> Pregnancy is the strictest profile in the app: from the fourth month only, at most 1% dilution, and a deliberately small set of oils. Anything with a hormone-like action, a neurotoxic ketone or an abortive reputation is removed rather than flagged.

### Step 3 — Choose a mode

| Mode | What it does | Use it when |
|---|---|---|
| **With my oils** | Returns only blends you can make now, or complete with a substitute you already own. | You want to make something this evening. |
| **Best synergy** | Returns the most suitable blends regardless of your shelf, listing every missing oil and its substitutes. | You want the best answer, and are willing to buy. |

If **With my oils** comes back empty, switch to **Best synergy**. An empty result is not a dead end: it tells you the blends exist and shows you exactly what is missing.

### Why some blends are shown as ruled out

Below the results you may find a section listing blends that were excluded for this profile, each with its reason. This is deliberate. A blend that silently disappears teaches you nothing; a blend marked *contraindicated during pregnancy* teaches you something about the oil you own.

# Reading the compatibility badge

Every blend carries a badge showing how much of it your inventory already covers, as a percentage and a colour.

| Badge | Meaning | What to do |
|---|---|---|
| **Green — Ready to make** | You own every oil in the blend. | Open it and make it. |
| **Green — With substitutes** | Oils are missing, but you own something suitable for each gap. | Open it and choose your substitutes. |
| **Orange — Oils missing** | Some oils are missing and your shelf cannot cover them. | Make it partially, or add the missing oils to your wishlist. |
| **Grey — Not possible** | You own none of the oils. | Use it as a shopping list. |

Under the badge, the oils appear as small chips: a tick for what you own, a recycling arrow for a gap you can substitute, a cross for a gap you cannot. The percentage counts oils, not drops, so a blend of four oils where you own three shows 75%.

# The synergy sheet

This is the recipe. Everything on it has been recalculated for the profile you selected, so the same blend looks different for an adult and for a child.

## The formula

Each line gives a number of drops and an oil. A tick means you own it; a trolley means you do not, and tapping the trolley saves it to your wishlist without leaving the page.

The drop counts are always given in their smallest whole-drop form. A blend stored internally as 8 : 6 : 2 : 4 is shown as 4 : 3 : 1 : 2 — the same proportions in half the volume, so you end up with a sensible little bottle rather than an enormous one. If you want more, multiply every line by the same number and scale the carrier oil to match.

## Carrier oil and dilution

Below the formula the app gives the amount of carrier oil — sweet almond, jojoba, apricot kernel, whichever you use — in millilitres and, where the number is small enough to be worth counting, in drops. The dilution percentage is what results.

> **How the dilution is decided**
>
> The strength is the lowest of two limits: what the profile allows, and the point at which any single oil in the blend reaches its own ceiling. A photosensitive oil capped at 0.4%, making up a fifth of the formula, still permits a 2% blend — the cap applies to that oil's share of the bottle, not to everything in it. When the strength has been reduced for your profile, the sheet says so explicitly.

## Missing oils and substitutes

If the blend needs something you do not have, it appears in its own section with two possible offers: substitutes you already own, in green, or substitutes worth buying, in grey. Tap one to swap it into the formula. The replacement keeps the drop count of the oil it stands in for, so the balance of the blend is unchanged, and the line is labelled so you can see what was swapped.

Substitutes are not guesses. Every oil belongs to one or more of 38 functional groups — respiratory antiviral, floral calming, warming pain relief and so on — and candidates are ranked by how many groups they share with the oil being replaced. Any substitute unsuitable for your profile is removed before you ever see it, as is any oil already in the same formula.

## How to use it

This section gives the method, and for anything applied to the body, the area, the frequency and the maximum duration. Frequency and duration are themselves capped for the more sensitive profiles.

| Method | What it means |
|---|---|
| **Topical application** | Apply the diluted blend to the stated area and massage gently until absorbed. |
| **Massage** | Massage the area with the diluted blend, using slow firm movements, for two to three minutes. |
| **Roll-on** | Pour the blend into a roll-on bottle, then apply to the area shown below. |

| Method | What it means |
|---|---|
| **Diffusion** | Diffuse the blend in 15-minute cycles in a ventilated room, with no infant or pet present. |
| **Dry inhalation** | Put the blend on a tissue or an inhaler stick and breathe deeply three to five times. |
| **Steam inhalation** | Add the blend to a bowl of hot, not boiling, water; cover your head and breathe for five minutes with eyes closed. |

A patch-test reminder appears only where the blend actually touches skin. You will not be told to test a diffusion blend on your forearm.

## Precautions and contraindications

These two sections are the reason the app exists, and neither is generic boilerplate. **Precautions** lists what to watch for, oil by oil, filtered to what matters for your profile, ordered with the most serious first. **Contraindications** states who must not use this blend: the profiles it is unsuitable for, the health conditions it conflicts with and which oil is responsible, and any method-specific rule such as avoiding sun exposure for twelve hours after a photosensitising blend.

> Read the contraindications before you make a blend, not after. They are computed from the oils actually in your version of the formula, including any substitutions you made, so they change as you change the blend.

# Wishlist — what to buy next

Essential oils are expensive and a shelf fills up quickly with bottles that never get used. This tab answers a narrow, useful question: of everything you do not own, which single bottle would open up the most?

### Saved oils

Anything you have hearted, from an oil sheet or straight from a formula. The trolley button moves an oil into your inventory once you have bought it, which removes it from the wishlist automatically.

### Recommendations

Below your saved oils, the app ranks the rest of the catalogue by what each one would unlock for your default profile. An entry reading *Would make 4 more synergies possible* means exactly that: buy that bottle and four blends move from impossible to ready. Tap **See which ones** to check they are blends you would actually use.

Oils that would merely narrow a gap without completing anything are ranked below those that finish a blend outright, and any oil unsuitable for your profile is left out of the list entirely — the app will not recommend you buy something it would then refuse to use.

> **Set the profile before you shop**
>
> Recommendations follow your default profile in Settings. If you mostly make blends for a small child, change that setting before shopping, or you will be sent after oils you cannot use.

# Settings

| Setting | What it does |
|---|---|
| **Language** | English, French or Spanish. Changes everything immediately, including oil names and precaution text. |
| **Default profile** | The person used for the inventory counter and the wishlist ranking. You can still pick a different profile for any individual blend. |
| **Health precautions** | 9 conditions you can switch on. Oils that conflict are removed from every blend, not merely flagged. |
| **Reset inventory** | Clears your oils and your wishlist. It cannot be undone. |
| **Disclaimer** | The safety notice from first launch, available whenever you want it. |

## Health precautions in detail

Switching one of these on is a strong instruction, not a hint. Any oil carrying a conflicting property disappears from the results, and any blend containing such an oil disappears with it.

| Condition | Effect |
|---|---|
| **Epilepsy** | Removes ketone-rich and seizure-threshold oils such as camphor rosemary and sage. |
| **Asthma** | Removes cineole-rich and menthol-rich oils, and anything unsuitable for diffusion. |
| **High blood pressure** | Removes oils that can raise blood pressure. |
| **Anticoagulant therapy** | Removes oils that interact with blood thinners, including wintergreen and birch, which are chemically close to aspirin. |
| **Hormone-dependent cancer** | Removes hormone-like oils such as clary sage, cypress and fennel. |
| **Kidney disease** | Removes oils that stress the kidneys at dose. |
| **Liver disease** | Removes oils that stress the liver at dose. |
| **Aspirin allergy** | Removes salicylate-bearing oils. |
| **G6PD deficiency** | Removes menthol-rich oils. |

# Glossary

Terms you will meet on an oil sheet, in plain language.

| Term | Meaning |
|---|---|
| **Botanical name** | The Latin name identifying the exact species, and the only dependable way to know what is in the bottle. |
| **Chemotype (CT)** | Same species, different chemistry, because of where it grew. Thyme CT linalool is gentle; thyme CT thymol is caustic. They are not interchangeable. |
| **Chemical family** | The dominant class of molecules, which broadly predicts how an oil behaves and how careful you must be. |
| **Carrier oil** | A plain vegetable oil used to dilute essential oils. It does the diluting; it is not itself active. |
| **Dilution** | The share of essential oil in the finished mixture. 2% means two parts essential oil in a hundred. |
| **Photosensitising** | Makes skin react to sunlight. Avoid sun and UV for twelve hours after applying. Common in citrus zest oils. |
| **Dermocaustic** | Burns skin at low concentration. Never applied undiluted. |
| **Neurotoxic ketones** | Molecules that affect the nervous system at dose. Short courses, low doses, and never for infants or in pregnancy. |
| **Hormone-like** | Behaves somewhat like oestrogen in the body. Avoided with any hormone-sensitive history. |
| **Synergy** | A blend whose oils are chosen to reinforce one another toward a single goal. |

# Common questions

| Question | Answer |
|---|---|
| **The blend I want shows no results.** | Switch from *With my oils* to *Best synergy*. The blends exist; the mode was filtering them against your shelf. |
| **A blend I used last month has disappeared.** | Check the profile and the health precautions in Settings. Turning on a condition removes every blend that conflicts with it. |
| **The dilution is lower than I expected.** | One oil in the blend has its own ceiling, or the profile caps the strength. The sheet says which applies. |
| **The app asks for more carrier oil than I have bottle for.** | Use a larger bottle, or halve the whole recipe — every drop count and the carrier volume together. Never reduce the carrier alone; that raises the strength. |
| **I cannot find an oil I own.** | Search the botanical name. Retail names vary far more than Latin ones. If it is genuinely absent, the catalogue does not carry it yet. |
| **Can I take these blends by mouth?** | No. The app never proposes oral use, and you should not improvise it. |

# Storing your oils

- Amber or cobalt glass, tightly closed, upright, away from light and heat.
- Citrus oils oxidise fastest — a year or so once opened. Oxidised citrus is more likely to irritate skin than fresh.
- Blends you have diluted in carrier oil keep for around three months. Label them with the date and the profile they were made for.
- Never store essential oils in plastic; many of them dissolve it.

**A final word**

This manual and the app describe traditional aromatherapy practice and commonly published safety limits. They are wellness guidance, not medical advice, and no part of either is a substitute for a consultation. If you are unwell, see a healthcare professional.