**Social Media Posts Best Tips Essential Oils on the Skin**

**Facebook:**

1. TIP: When using essential oils on the skin, it’s important to ensure you’ve invested in good quality oils. There are a lot of fake essential oils out there so be vigilant when choosing the right oils for your skincare routine.

2. TIP: Although essential oils can be used neat in the bath, care should be taken. Only use a small amount and avoid sitting on the oil if possible. LINK

3. TIP: It’s a good idea to seek medical advice before introducing any essential oil into your skincare routine. LINK

4. TIP: Make sure you always follow proper dilution instructions when using essential oils on the skin. LINK

5. TIP: When using essential oils, make sure you follow the less is more rule LINK

**Twitter:**

1. Less is more is a great rule to follow when using essential oils LINK

2. Always follow dilution instructions when adding oils to the skin LINK

3. You might want to seek medical advice before using essential oils LINK

4. Use essential oils neat in the bath with care LINK

5. Always ensure the essential oils you buy are high-quality LINK