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	98 referenced, searchable by common or botanical name
Goals	50 across 8 categories
Blends	82 synergies, each adapted to the selected profile
Profiles	7, from infant to pregnancy, each with its own rules
Languages	English, French, Spanish, German, Italian, Brazilian Portuguese, Dutch, Japanese, Polish
Price	Free, with an optional Premium subscription

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.** The app starts in your phone's language if it is one of the nine it speaks, otherwise in English, and the welcome screen lets you pick another. 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, your Premium subscription, and the safety notice.

Free and Premium

The app is free, with an optional subscription, **AromaSynergie Premium**, by the month or by the year. There is no account: the subscription goes through your App Store or Google Play account, and nothing about you leaves the phone.

Free, for good	With Premium
Every oil sheet, with all its safety information	Every recipe, without limit
My oils, and the list of blends you can make	Replacing an oil in a recipe, by hand or automatically in *With my oils*
Your wishlist	Suggestions of which oil to buy next
The first 6 different recipes you open, which you can reopen as often as you like	

Safety is never behind the subscription: every precaution, contraindication and profile rule is shown to everyone.

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 50 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, Bruise, Cold sore, Dry skin, Fungal infection, …
Respiratory	Bronchitis, Chesty cough, Common cold, Dry cough, Earache, …
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
Circulation	Heavy legs
Other	Oral care

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	Under 3 years	No essential oil use is offered for this age group
Child 3-6	3 to 6 years	Maximum 3% dilution, no steam inhalation and no oral route
Child 7-12	7 to 12 years	Maximum 6% dilution, no oral route
Adult	13 years and over	Maximum 15% dilution for everyday use
Senior	65 years and over	Maximum 10% dilution, extra vigilance on drug interactions
Pregnancy		No essential oil use is offered during pregnancy
Breastfeeding		Maximum 10% dilution. Never apply to the chest before a feed

Infants and pregnancy

For an infant and during pregnancy the app proposes no essential oil at all. You can still choose these profiles: instead of a list of blends, the app explains why and points you to a professional. They are kept so that nobody picks the adult profile instead and ends up with an adult-strength blend.

Step 3 — Choose a mode

Mode	What it does	Use it when
With my oils	Returns only blends you can make now. With Premium, also those you can complete with a substitute you already own, swapped in for you.	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 *not before 7 years* 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. An oil capped at 1%, making up a fifth of the formula, still permits a 5% 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.

On the skin, the strongest oils — phenols, oils that burn the skin, neurotoxic ketones, aldehydes and citrus — never make up more than a tenth of the essential oils in a blend. The recipes are written that way, and the app keeps to it when you replace an oil.

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. With Premium, 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 39 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, a strong oil in a place too large for it on the skin, and an oil that is not diffused in a diffusion blend.

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.
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.

Not every oil goes in a diffuser. Phenols, neurotoxic ketones and a number of other oils are never diffused, even when they are fine on the skin or for inhalation from a tissue. You will not find them in a diffusion blend.

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 (Premium)

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	One of nine languages. 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	11 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.
AromaSynergie Premium	Without a subscription, how many of the 6 free recipes are left, and the subscription offer. With one, a link to manage it. Restore purchases brings a subscription back on a new phone.
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.
Cancer (current or past)	Removes immunostimulant oils such as tea tree and the thymes, and carrot seed.
Autoimmune disease	Removes immunostimulant oils. Ravintsara, which modulates rather than stimulates, stays available, and so does the psoriasis blend.
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.
A recipe shows a padlock.	You have opened your 6 free recipes. Those stay open for good; the others need Premium.
I changed phone and lost Premium.	Settings → Restore purchases, signed in with the same App Store or Google Play account.
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.