

TOP 10 TIPS FOR Essential Oils Safety

1 HIGH-QUALITY ESSENTIAL OILS

Be sure that you are using only high-quality essential oils from trusted companies. Do your research and know what you are buying!

2 PROFESSIONAL OPINION

Always discuss using EOs with a trusted healthcare provider! (But don't forget that you are in charge of your own healthcare.)

3 POTENCY

1 drop Peppermint oil=28 glasses Peppermint tea;
50-70% more potent than herbal counterparts

4 DILUTION

Due to their potency, most EOs should be diluted and follow guidelines for usage. Carrier oils for diluting - Coconut Oil, Sweet Almond Oil, Jojoba Oil, Grapeseed Oil

5 OIL & WATER DO NOT MIX!

NEVER try to wash off essential oils! Water repels the oil and will drive it in farther; Always dilute with a carrier oil or even vegetable or olive oil in a pinch

6 PATCH TESTING

Add 1 drop EO to 1 tsp. carrier oil and rub in to a small area of your body to check for sensitivities. Test several places. If sensitivity occurs, add more carrier oil to dilute.

7 SKIN SENSITIVE OILS

Cooling Oils cause an intense cooling effect on the skin; Hot Oils create a warming or even burning effect; ALWAYS DILUTE!

- ◆ **Cooling Oils** - *Camphor, Eucalyptus, Lemongrass, Ocotea, Peppermint, Spearmint, Thyme, Wintergreen*
- ◆ **Hot Oils** - *Cassia, Cinnamon, Cinnamon Bark, Clove, Hyssop, Oregano*

8 PHOTOTOXICITY, or Photosensitivity

Some oils cause hyperpigmentation and potential burning to the skin when subjected to sunlight - Citrus oils and some others; avoid sunlight for 12-72 hrs at least after application

- ◆ **Phototoxic Oils** - *Angelica, Anise, Bergamot, Bitter Orange, Celery Root/Seed, Coriander, Cumin, Dill, Fig Leaf Absolute, Ginger, Grapefruit, Lemon, Lemon Verbena, Lime, Mandarin Orange, Orange, Tangetes, Tangerine, Wild Orange, Yuzu*

9 KID SAFETY

- ◆ Never leave EOs where kids can easily get to them
- ◆ Always, always, ALWAYS DILUTE oils when using with kids!
- ◆ Introduce one oil at a time and wait 24 hours before reapplying
- ◆ NEVER use oils on infants under 3 months of age, or internally with kiddos under age 6

10 OILS AND PREGNANCY

- ◆ Always discuss EO usage with your trusted healthcare provider
- ◆ Depends on your trimester (pg. 38-42)
- ◆ Certain oils to avoid during pregnancy (pg. 38)
- ◆ Clary Sage will cause contractions!
- ◆ Generally Safe Oils include *Geranium, Grapefruit, Lavender, Roman Chamomile, Ylang Ylang*
- ◆ Nursing - remember your baby will get what you get

