

## ESSENTIAL OIL PRECAUTIONS

Because essential oils have such an extremely high level of herbal and chemical concentration, there is more concern for safety, especially among children, during pregnancy and nursing, elders, sensitive skinned people and those with a chronic illness. Knowledge of how to use essential oils safely is critical. The possible risk of using an essential oil is based on the chemical substances found in the essential oil. Risk factors can include: dosage, frequency of use, precautions, and the method of application. If any reaction or skin irritation occurs, either increase the dilution with carrier oil or discontinue use.

**\*Please note these precautions are very specific to essential oil topical applications.**

<p><b>DO NOT USE THESE ESSENTIAL OILS ANYTIME</b> (These are herbs that occasionally distilled into essential oils. As essential oils they are considered toxic.)</p>	<p><b>Bitter almond, birch, boldo, buchu, cade, calamus, brown camphor, costus, elecampane, mugwort, mustard, pennyroyal, rue, sassafras, savory, tansy, thuja, wintergreen, wormseed, and wormwood.</b></p>
<p><b>NOT FOR USE IN BATH</b> (Most eo's listed are skin irritants, Some can be used in a salt scrub application only in the shower.)</p>	<p>Basil, bay laurel, benzoin, bergamot, birch, black pepper, clove bud, cinnamon, eucalyptus, grapefruit, lemon, lime, mandarin, marjoram, may chang, nutmeg, orange, oregano, peppermint, pine, rosemary, sage, spearmint, tarragon, and thyme.</p>
<p><b>NOT FOR CHILDREN UNDER 5 YEARS</b></p>	<p>Basil, birch, camphor, cedar (<i>Cedrus atlantica</i>), cinnamon, clove, eucalyptus (<i>Eucalyptus globulus</i>), fennel, hyssop, geranium, jasmine, marjoram, nutmeg, oregano, peppermint, rose, rosemary, sage, wintergreen, and tarragon.</p>
<p><b>NOT FOR DIABETES</b></p>	<p>Angelica</p>
<p><b>NOT FOR EPILEPSY</b></p>	<p>Camphor, eucalyptus, fennel, hyssop, rosemary, spike lavender (<i>Lavandula latifolia</i>) and sage.</p>
<p><b>NOT WHEN USING HOMEOPATHIC REMEDIES</b> (They can neutralize the homeopathic remedy.)</p>	<p>Black pepper, camphor, eucalyptus, peppermint, rosemary, and spearmint.</p>
<p><b>NOT FOR HIGH BLOOD PRESSURE</b></p>	<p>Camphor, eucalyptus, hyssop, rosemary, sage, and thyme.</p>
<p><b>NOT FOR KIDNEY DISEASE</b></p>	<p>Juniper</p>
<p><b>NOT FOR LOW BLOOD PRESSURE</b></p>	<p>Clary sage, lavender, marjoram, melissa, and ylang ylang.</p>
<p><b>NOT FOR LONG TERM USE</b> (Not more than 10 days in a row, too challenging on the kidneys.)</p>	<p>Black pepper, fennel, juniper, marjoram, and tarragon.  Nutmeg-can be toxic if used in large amounts and can cause toxic symptoms such as nausea and tachycardia.</p>
<p><b>NOT FOR PREGNANCY OR NURSING</b> (Most have emmenagogue, abortifacient, or depurative properties.)</p>	<p>Angelica, aniseed, basil, bay laurel, birch, camphor, cedarwood, chamomile, cinnamon, cistus, citronella, clary sage, clove, cumin, cypress, eucalyptus, fennel, frankincense, hyssop, Indian ginger, jasmine, juniper, lavender, lemongrass, marjoram, melissa, mugwort, myrrh, nutmeg, oregano, parsley seed or leaf, pennyroyal, peppermint, pine, rose, rosemary, rue, sage, sassafras, savin, savory, southernwood, star anise, tansy, tarragon, thuja, thyme, wintergreen, wormseed and wormwood.</p>
<p><b>NOT FOR SENSITIVE SKIN - MAY BE AN IRRITANT, AND NEED TO BE APPLIED DILUTED.</b> (Skin irritants; always dilute with carrier oil)</p>	<p>Aniseed, basil, bay laurel, benzoin, bergamot, birch, black pepper, cajuput, camphor, citronella, clove bud, fennel, geranium, ginger, grapefruit, lemon, lemongrass, lime, mandarin, melissa, orange, oregano, rosemary, peppermint, petitgrain, pine, spearmint, spruce, thyme, and verbena absolute.</p>

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<b>PHOTOTOXIC – SUN SENSITIVITY</b>  (Avoid use of phototoxic essential oils with a person who has a history of skin cancer.)	Angelica root, basil, bergamot, grapefruit, lemon, lemon verbena, lime, mandarin, melissa, and orange.
<b>ALLERGIES</b>	Ragweed- chamomile
<b>AVOID IF CANCER IS PRESENT</b>	Basil, bay laurel, clove, cinnamon, fennel, ho leaf, nutmeg, and star anise.
<b>AVOID WITH HISTORY OF ESTROGEN-DEPENDENT CANCER</b>	Aniseed, basil, chamomile, citronella, clary sage, cypress, fennel, geranium, jasmine, lemongrass, lemon verbena, myrrh, pine (prostate cancer), rose, sage, star anise, tarragon, vitex and yarrow.
<b>MAY INCREASE NARCOTIC EFFECT OF DRINKING ALCOHOL AND OVER USE CAN CAUSE HEADACHES</b>	Clary sage
<b>MEDICATIONS *</b> (Essential oils contain natural chemicals that could interact with these medications.)	<b>Coumadin (Warfarin)</b> - grapefruit <b>Anti-coagulant medications</b> - clove, ginger, and wintergreen may enhance the effects. <b>5-fluorouracil</b> - an anti-cancer drug - peppermint and eucalyptus increase skin absorption. <b>Cyclosporine and Cytochrome</b> - peppermint oil might decrease how quickly the liver breaks down these medications.

\* There is little published research on interactions between pharmaceutical drugs and essential oils. Given the complex chemistry of essential oils, however, it makes sense that this is possible or even likely. As with dietary supplements and herbs, it is important to discuss regular essential oil use with your healthcare provider and together assess any potential risks and benefits.

**SAFE ESSENTIAL OILS TO USE DURING PREGNANCY- *check other specific client precautions.***

*(It is suggested to use only half of the usual amount of essential oils in a blend; 1% or lower.)*

SAFE ENTIRE PREGNANCY	CAN USE FROM SECOND TRIMESTER ONWARD	THIRD TRIMESTER ONLY	* SAFE TO USE WITH NEWBORNS
Bergamot, coriander, fir, grapefruit, lemon, mandarin, myrtle, orange, petitgrain, tea tree and ylang ylang (Use in moderation, 1% or less.)	Benzoin, spearmint (Use in moderation)	Chamomile, geranium, jasmine, lavender, and rose (Use only in moderation.)	Chamomile, lavender, mandarin (not in the bath), and myrtle.  Mix 1-3 drops of essential oils to 30ml/1 oz. sweet almond or jojoba oil.

\* Suggested resource for aromatherapy for children-  
*Aromatherapy for the Healthy Child* by Valerie Ann Worwood for specifics on children; newborn to age 9.

*Please feel free to share these two pages of essential oil precautions with others:*

**Courtesy of Aroma Apothecary Healing Arts Academy**

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