



## Usage Guidelines for Essential Oils and Hydrosols

As mentioned previously, essential oils are highly concentrated and contain powerful chemical substances. For your successful use of essential oils, it is important to have a clear understanding of how to use them safely and confidently. See pages 103-104 for specific essential oil precautions for topical application.

### ***Follow the guidelines below for safe and effective use of essential oils:***

- ❖ Use only 100% pure essential oils for therapeutic results. Any oils called fragrance oils, compounded oils or perfume oils are synthetic and do not have therapeutic benefits or properties.
- ❖ Keep all essential oils out of the reach of children.
- ❖ Always use a lower dilution of essential oils on children and elders. See p.104 and 108 for detailed dilution amounts.
- ❖ Keep all essential oils out of eyes, ears, nose, mouth and other body openings. If exposure does occur, flush with milk or carrier oil, not water.
- ❖ Essential oils should not be taken internally until you have gained adequate knowledge and understanding of the risks and safe internal applications and dosages. Only then, should they be used on a very rare occasion, not on a daily basis.
- ❖ Use a carrier oil to dilute essential oils for topical application. The safest rule of thumb is to never use any essential oil undiluted.  
For the bath; mix the essential oils first in 1 TBSP. of vegetable glycerine or carrier oil, then add to the bath water.
- ❖ Keep essential oils away from the air, heat, and light to prevent oxidizing or evaporation. Replace the lid immediately after dispensing.
- ❖ For a longer shelf life and to prevent oxidation, store essential oils and hydrosols in the refrigerator.
- ❖ To prevent contamination, do not touch the plastic inner dropper lid of the essential oil bottles.
- ❖ Use a skin patch test (on the inside of the elbow) if a person is prone to skin sensitivities or allergies. Wait several hours to see if there is a reaction; do not continue use if redness or irritation occurs. Fair skinned people, particularly blondes and redheads, should use with extra caution.
- ❖ Before using essential oils and aromatherapy products, please consult with a qualified aromatherapist or knowledgeable health care provider.
- ❖ Never use essential oils as a substitute for necessary medical care.
- ❖ If you have epilepsy, heart or kidney problems, or any serious medical condition, do not use essential oils unless advised by a physician or medical professional.
- ❖ Read and follow all label instructions and warnings on essential oil bottles.

## 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, cajeput, clove bud, cinnamon, eucalyptus, ginger, grapefruit, lemon, lemon myrtle, lime, mandarin, marjoram, may chang, melissa, nutmeg, orange, oregano, peppermint, pine, rosemary, sage, spearmint, tarragon, and thyme.</p>
<p><b>NOT FOR CHILDREN UNDER 5 YEARS</b></p>	<p>Anise, basil, bay (<i>Pimenta racemosa</i>), bay laurel, benzoin, birch, cajeput, camphor, cardamom, cassia, cinnamon, citronella, clove bud, cornmint, elemi, eucalyptus, fennel, hyssop, geranium, jasmine, lemongrass, lemon myrtle, lemon verbena, marjoram, may chang, melissa, niaouli, nutmeg, oregano, peppermint, ravintsara, rose, rosemary, sage, saro, spike lavender (<i>Lavandula latifolia</i>), star anise, tarragon, vitex (chaste tree), wintergreen, yarrow and ylang ylang.</p>
<p><b>NOT FOR USE WHEN TAKING DIABETIC MEDICATION- Any Oral Use</b></p>	<p>Anise, aniseed, basil (lemon), cassia, cinnamon bark, dill, fennel, fenugreek, geranium, lemongrass, lemon verbena, may chang, melissa, myrtle, tea tree (lemon scented-<i>Leptospermum petersonii</i>), turmeric, and star anise.</p>
<p><b>NOT FOR THOSE WITH EPILEPSY</b></p>	<p>Birch, camphor, cedar- Western red (<i>Thuja plicata</i>) or White cedar (<i>Thuja occidentalis</i>), eucalyptus, fennel, ho leaf, hyssop, spike lavender (<i>Lavandula latifolia</i>), pennyroyal, rosemary (camphor CT &amp; verbenone CT), sage, tansy, thuja, wintergreen and yarrow.</p>
<p><b>NOT RECOMMENDED WHEN USING HOMEOPATHIC REMEDIES</b> (They can neutralize a homeopathic remedy.)</p>	<p>Black pepper, camphor, eucalyptus, peppermint, rosemary, and spearmint.</p>
<p><b>NOT RECOMMENDED FOR HIGH THOSE WITH BLOOD PRESSURE</b></p>	<p>Camphor, hyssop, and sage.</p>
<p><b>NOT FOR KIDNEY DISEASE</b></p>	<p>Juniper, parsley seed, cade, and wormseed.</p>
<p><b>NOT FOR LONG TERM USE</b> (Not more than 10 days in a row, some are too challenging on the kidneys or moderately toxic.)</p>	<p>Black pepper, fennel, juniper, marjoram (lowers libido), 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, depurative properties, or toxic constituents of citral and octyl acetate).</p>	<p>Angelica, anise, artemisia vestita, basil, bay laurel, birch, buchu, blue cypress (<i>Callitris intratropica</i>), camphor, carrot seed, cassia, cedar- Western red (<i>Thuja plicata</i>), celery seed, champaca, chaste tree, cinnamon, cistus, citronella, clary sage, costus, cumin, dill, fennel, fenugreek, frankincense (<i>Boswellia papyrifera</i>), frangipani, goldenrod, Greenland moss, ho leaf, hyssop, Indian ginger, lemongrass, lemon myrtle, lovage, manuka, marjoram, may chang, melissa, mugwort, myrrh, nutmeg, oregano, osmanthus, parsley seed or leaf, pennyroyal, peppermint, rosemary, rue, sage, sassafras, savin, savory, southernwood, spike lavender (<i>Lavandula latifolia</i>), star anise, tansy, tarragon, tea tree (<i>Leptospermum petersonii</i>), thuja, wintergreen, wormseed, wormwood, and yarrow.</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>Allspice, anise, aniseed, basil, bay laurel, benzoin, bergamot, birch, black pepper, cajuput, camphor, cassia, catnip, citronella, clove bud, elecampane, fennel, geranium, ginger, grapefruit, lemon, lemongrass, lime, mandarin, melissa, may chang, myrrh (opoponax), orange, oregano, rosemary, peppermint, petitgrain, pine, spearmint, spruce, thyme, and verbena absolute.</p>

## ESSENTIAL OIL PRECAUTIONS

<b>PHOTOTOXIC – SUN SENSITIVITY</b> (Avoid use of phototoxic essential oils with a person who has a history of skin cancer.)	Angelica root, bergamot, Bitter Orange ( <i>Citrus aurantium</i> ), cumin, grapefruit (cold pressed), lemon (cold pressed), lemon verbena, lime (cold pressed), mandarin leaf, myrrh (opoponax), rue, and tagetes.
<b>ALLERGIES</b>	Ragweed- chamomile
<b>MODERETLY TOXIC- POSSBLE CARCINOGENIC</b> (Due to the “estragole”- methyl chavicol)	Basil, holy basil (Tulsi), bay laurel, clove, cinnamon, fennel, ho leaf, myrtle, nutmeg, and star anise, tarragon.
<b>AVOID WITH HISTORY OF EDOMETRIOSIS OR ESTROGEN-DEPENDENT CANCER</b>	Anise, aniseed, fennel, sage, star anise, tarragon, vitex (progesterone therapy) 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.)	<p><b>Anti-coagulant medications</b> – ajowan, allspice, anise, basil (holy- Tulsi), bay (<i>Pimenta racemosa</i>), birch, cassia, cinnamon, clove, German chamomile, grapefruit, fennel, ginger, oregano, patchouli, star anise, tarragon, thyme, wintergreen and yarrow; these may inhibit blood clotting.</p> <p><b>5-fluorouracil</b>- an anti-cancer drug - peppermint and eucalyptus increase skin absorption.</p> <p><b>Cyclosporine</b> - peppermint oil might decrease how quickly the liver breaks down these medications.</p> <p><b>CYP substrates</b>- constituents that could inhibit these cytochromes, which could potentiate drug action. CYP1A2 and CYP2E1- camphor and sassafras (brown). CYP2D6- (Tricyclic antidepressants undergo CYP2D6 metabolism)-Balsam poplar, buchu, geranium, German chamomile, mugwort, sage, tansy and yarrow.</p>

\* 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.***

Essential oil dilutions for children: up to 3 months old 0.1%, 3-24 months .25%, 2-6 years 1%, 6-15 years 1.5%

SAFE ENTIRE PREGNANCY	CAN USE FROM SECOND TRIMESTER ONWARD	THIRD TRIMESTER ONLY	* SAFE TO USE WITH NEWBORNS (Not advised for premature infants.)
Bergamot, coriander, fir, grapefruit, lemon, mandarin, orange, palmarosa, petitgrain, tea tree and sandalwood, ylang ylang. (Use in moderation, 1% or less.)	Benzoin, spearmint (Use in moderation)	Chamomile, geranium, jasmine, lavender, and rose (Use only in moderation.)	Chamomile and lavender.  Can add at 7 months: Petitgrain and palmarosa.  Mix 1-2 drops of essential oils into 30ml of 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.

Resources used for the essential oil precautions sheets:

Tisserand, Robert and Young, Rodney, *Essential Oil Safety*, second edition, London, UK, Churchill Livingstone, 2014.

Bowles, Joy E., *The Basic Chemistry of Aromatherapeutic Essential Oils*, Sydney, Australia, E. Joy Bowles, 2000.

Purchon, Nerys and Cantele, Lora, *The Complete Aromatherapy & Essential Oils Handbook for Everyday Wellness*, Toronto, Ontario, Robert Rose Inc., 2014.

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Lawless, Julia, *The Encyclopedia of Essential Oils*, San Francisco, CA, Conari Press, 2013.