

# Essential Oil Safety Guidelines

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## Basic Safety Info

- Do not use essential oils on children under 6 without consulting a certified aromatherapist. NEVER use birch or wintergreen on children, even diffused.
  - Do not ingest essential oils without consulting a certified aromatherapist. Ingesting essential oils can cause damage to gut flora, the esophagus, internal organs, and can cause toxicity in the body leading to cancer or death.
  - Do not use the same essential oils every day for an extended period of time. This can cause toxicity in the body, or result in an allergy to the oil and possibly foods that are chemically similar to the oil.
  - Dilute essential oils in a carrier oil before applying to the skin. Applying oils "neat" or undiluted can cause dermal reactions and over time can lead to toxicity in the body.
  - "Patch test" essential oils by adding 1 drop of oil to 1/2 tsp. vegetable oil and apply to the inside of the arm. If redness or itching develops, don't use the oil.
  - Thoroughly research any essential oil before using.
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## Photosensitivity

Some essential oils can cause burning, blistering, etc of the skin if exposed to sunlight after use. Do not spend time in direct sunlight for at least 24 hours after applying one of these oils to the skin:

- Angelic root
- Bergamot
- Cumin
- Distilled or expressed grapefruit
- Lemon
- Lime
- Bitter orange
- Rue

## Mucus Membrane Irritants

Some essential oils are irritating to mucus membranes such as the mouth, eyes, nose, and reproductive organs. Do not use the following oils in a full-body bath:

- Bay
  - Caraway
  - Cinnamon bark or leaf
  - Clove bud or leaf
  - Lemongrass
  - Peppermint
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Source for all info: <http://naha.org/> (National Association for Holistic Aromatherapy)

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## Dilution Ratios

- .5% to 1% dilution: 1 - 2 drops essential oil per 10 ml carrier oil (3 - 6 drops/oz)
    - For children 6+, elderly adults, people with compromised immune systems
  - 2% to 2.5% dilution: 4 - 5 drops essential oil per 10 ml carrier oil (12-15 drops/oz)
    - For most adults for most conditions
  - 3% to 10% dilution: 7 - 20 drops essential oil per 10 ml carrier oil (20 - 60 drops/oz)
    - For short-term use to treat acute conditions in adults
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## Other Safety Info

- Prolonged exposure (1 hour+) of high levels of essential oil vapor can cause nausea, headaches, vertigo, and lethargy.
- If essential oil accidentally gets into the eye, put a fatty oil such as clove or sesame on a cotton cloth, and carefully swiped over the closed lid. And/or, immediately flush the eyes with cool water.
- If an essential oil causes dermal irritation, apply a small amount of vegetable oil or cream to the area affected and discontinue use of the essential oil.
- If a child appears to have drunk several spoonfuls of essential oil, contact the nearest poison control unit. Keep the bottle for identification and encourage the child to drink whole or 2% milk. Do not try to induce vomiting.