

WARNING & PRECAUTIONS

ESSENTIAL OILS ARE SAFE, THERAPEUTIC SUBSTANCES WHEN PROPERLY USED. THE POTENTIAL HAZARDS FOR ESSENTIAL OILS DEPENDS ON THE COMPOUNDS IN THE OIL, THE DOSAGE AND FREQUENCY OF USE AND METHOD OF APPLICATION. THOUGH RECOMMENDED GUIDELINES VARY, THE FOLLOWING PRECAUTIONS SHOULD BE OBSERVED.

1. To avoid burning, skin irritations and photosensitivity, do not use undiluted essential oils on the skin. For application to the skin, dilute essential oils into a pure vegetable carrier oil or cream base. For a body bath, dilute in water.
2. Do a patch test of a 2% dilution for a twelve hour period to test for skin sensitivity.
3. Be aware and take special care of using essential oils that result in photosensitivity to the ultraviolet rays of the sun such as Angelica, Verbena, Bergamot, Orange, Lemon, Lime and Mandarin. Use these and other citrus oils cautiously and avoid exposure to sunlight for a minimum of at least 4 hours before exposing skin that has been in contact with photosensitive oils.
4. Keep all essential oils away from the eyes and cautiously use essential oils that are irritating to mucous membranes.
5. As with any concentrated substance, keep all essential oils out of reach of children and away from pets.
6. Alternate the essential oils that you use frequently, particularly blends that are used over the entire body. Continuous use of certain essential oils exposes the body to chemical constituents that may be damaging over a period of time.
7. Do not take essential oils internally.
8. Be cautious and proceed with guidance from a trained aromatherapist if using essential oils on individuals with open wounds, rashes, asthma, epilepsy, heart disease, high blood pressure, diabetes, neurological disorders, serious health problems, or if taking doctor prescribed medications or homeopathic remedies.
9. Use essential oils cautiously during pregnancy and do not use essential oils during the first trimester.
10. Check reference books for specific precautions about each essential oil. Many are safe and non-toxic when proper dilution recommendations are followed. When in doubt, seek guidance from a professional aromatherapist or medical herbalist. Essential oils are not intended for use in the treatment of specific medical conditions. For treatment of health ailments, seek diagnosis and recommendations from a licensed medical practitioner.