

Oil Usage and Safety Tips



SAFETY GUIDELINES FOR ESSENTIAL OILS

Essential oils are very safe and easy to use. However, it is important to remember that therapeutic grade essential oils are highly concentrated plant extracts and should be used with care.

Never apply oils directly to the eyes or ear canal. After application, avoid rubbing the eyes, around the eyelids, handling contact lenses, or touching the interior of your nose. The skin around the genitals and mucous membranes areas are also sensitive and prone to irritation.

Dilute with oil, not water. Coconut, Almond, Grapeseed, Jojoba, almost any regular 'oil' will work for what we call a 'carrier' oil. If you happen to get an essential oil somewhere you did not intend, or experience discomfort when applying it to your skin, use a carrier oil to rinse or dilute the area. Using water will increase the discomfort.

Use more carrier oil with babies, children, the elderly, and those with sensitive skin. Their skin is more sensitive and susceptible to irritation, burning, or stinging sensations. Use a carrier oil to protect their skin against irritation. When applying oils to babies & children, ensure they will not accidentally get the oils in their eyes or mouth (bottoms of the feet + socks, or along the spine are good locations).

Hot oils like cinnamon, thyme, oregano, cassia and clove, can feel very warm or even hot/burning on the skin and therefore should be diluted with a carrier oil when used topically, even on adults. Peppermint is a cooling oil, but is another that you may want to dilute.

Some essential oils are photosensitive. Photosensitive oils, primarily citrus oils, react to radiant energy or light such as natural sunlight, sunlamps, or other sources of UV rays. The result is a dark pigmentation or a rash on the skin. To avoid issues with photosensitive oils, wait a minimum of six hours before exposing skin where you have applied citrus oils to UV rays/sunshine.

Internal Use. While most essential oils on the market should not be taken internally (and this warning is usually on the label), certified pure oils are labeled as dietary supplements and are

safe for internal use, in small quantities. Mild oils may be taken under the tongue or in water, hot oils should be placed in capsules. Many oils can be used in cooking recipes for flavoring and/or therapeutic benefit.

Pregnancy & Nursing. While oils applied topically at ordinary levels should not be harmful to a developing fetus, please use caution with essential oils during pregnancy. Popular oils generally considered safe to use during pregnancy include Bergamot, Ginger, Geranium, Lavender, Lemon, Sandalwood, Wild Orange and Ylang Ylang, however, other oils may also be suitable; consult your healthcare provider if you have questions or concerns. Additional oils may be helpful during and after delivery. Peppermint essential oil may reduce milk supply in some mothers, so you may want to avoid it prior to delivery and while nursing.

Critical health conditions. People with asthma, epilepsy, high blood pressure, or other critical health conditions can definitely benefit from essential oils, but may want to consult a healthcare professional. In general, those with epilepsy should be cautious or avoid: Fennel, Basil, Birch and the Digestive blend; those with high blood pressure should be cautious or avoid thyme and rosemary.

Essential oil and bath water. One common application method is in a bath. When using undiluted oil in bath water, use a dispersing gel (bath/shower gel can work) to prevent oil from pooling as a concentrated drop in the water. Mixing essential oils with bath salts is another great way to use them.

A little goes a long way. Essential oils are pure and potent. The higher quality the oil, the more potent it will be, and smaller amounts are required. One or two drops is considered a dose. Less oil, more often, is best. Unlike synthetic medications, you do not need to wait 4 hours before using an oil again. Apply the oil; if there is still pain, apply more again in a few minutes.



HEALTHY *Life* AND OILS