

10 safety tips and precautions for using essential oils

- 1. Dilute essential oils appropriately before using them on the body.*
- 2. Avoid contact with your eyes.*
- 3. Do not ingest the essential oils.*
- 4. Keep out of reach of children.*
- 5. Caution needs to be taken if you have a chronic health condition or you are pregnant.*

Seek clinical Aromatherapy advice.

- 6. Store essential oils with the lid on tight and in a cool dark place. This reduces degradation by air and light.*
- 7. Essential oils have a shelf life and need to be avoided on the skin once expired.*
- 8. Do not place essential oil bottles on wooden furniture as it can leave ring marks.*
- 9. Some essential oils, such as bergamot, are photosensitive and are to be avoided if going out in sunlight.*
- 10. If skin sensitivity occurs wash the area with soap and water, discontinue use and seek clinical Aromatherapy advice*