



If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using essential oil products. A Consultation with me can help determine by your medical history what essential oil blends are best for you and your needs.

Pregnancy: It is likely that most essential oil constituents cross the placenta to the fetus after use by a pregnant woman. You can use certain essential oils diluted properly and at a low percentage during pregnancy after the first trimester. As your Aromatherapist I recommend a consultation before any use of oils.

Premature Infants: Sense premature newborns have very thin and sensitive skin, topical use of essential oils is inadvisable, unless there are very important benefits to be gained by the baby. I would require a Consultation with a trained Aromatherapist.

Keep all blends and essential oils away from children, and away from heat or flames. Do not put essential oil drops in eyes this can cause chemical burn. Undiluted essential oils should not be dropped into ears, you can dilute essential oils by placing drops on a cotton wad for partial insertion.

DO NOT INGEST essential oils, this can damage the stomach lining. You **MUST** be under the guidance of a competent trained Aromatherapist, or a Doctor trained in essential oils to be advised of orally taking essential oils. As A Therapist I **do not** recommend it to any of my Clients.

Patch test any blends (blends meaning the essential oils are mixed in carrier oils before applying to skin) of essential oils first by rubbing a little on forearm, do not wash off for about an hour, this will help determine any allergies to a certain plant.

These are basic safety guidelines to follow with the use of essential oils.

Thank you, Advanced Aromatherapist *Perry Cain*