



Essential Oil Safety Guide

Cheat sheet for how to use Essential Oils Safely

This guide is meant to be a general overview of some of the most commonly accepted safety protocols in the practice of Aromatherapy. However, it is just a guide. Keep in mind that, since essential oils are extremely potent chemicals, there are many individual concerns that could impact the safety of even the most commonly used oils. Essential oils should not be used on anyone under 6 months old. Essential oils not listed under an age group should be considered "generally acceptable to use" for healthy individuals over age 12. Persons with medical conditions, persons taking medications should always consult with their health care practitioner for potential drug interaction before using any essential oils for therapeutic purposes. Additionally, persons using essential oils need to be especially vigilant for potential allergic reactions. With the high strength of essential oils, allergic reactions can be greatly enhanced, leading to potentially dangerous consequences. Finally, remember that more is not necessarily better. Each essential oil has different accepted maximum safe use concentrations. Nothing in this guide is for informational purposes only and should be considered as a substitute for medical advice. Users should research safe concentrations prior to using oils or obtain guidance from a qualified professional.

Essential Oils that are generally safe for everyone over the age of 6 months

(Remember: Herbs & Hydrosols are preferable for children under 2, rather than essential oils). Essential oils should be used only occasionally in a diluted or diffused for children under 2)

Bergamot	Coriander	Lemon	Rosalina
Black Pepper	Cypress	Lime	Sandalwood
Blue Tansy	Dill Weed	Mandarin	Siberian Fir Needle
Catnip	Frankincense	Marjoram (Sweet)	Spearmint
Cedarwood	Geranium	Neroli	Spruce
Chamomile (Roman / German)	Ginger	Orange (Blood/Sweet)	Tangerine
Cinnamon Leaf	Grapefruit	Palmarosa	Tea Tree
Citronella	Helichrysum	Patchouli	Turmeric
Clary Sage	Juniper Berry	Petitgrain	Vanilla
Copaiba	Lavandin	Pines- <i>except Ponderosa Pine (Pinus ponderosa), or Huon Pine (Dacrydium franklinii)</i>	Vetiver
	Lavender		

Essential oils for children over age 2

Basil (Lemon)	Jasmine	Saffron
Balsam	Lemon Leaf	Savory
Benzoin	Lemongrass	Styrax
Black Seed	Massoia	Tea Leaf (Black Tea)
Cassia	May Chang (Litsea)	Treemoss
Cinnamon Bark	Melissa (Lemon Balm)	Tuberose
Clove Bud	Myrtle	Turpentine
Clove Leaf	Oakmoss	Verbena (Lemon)
Garlic	Opopanax	Ylang Ylang
Gingerlily	Oregano	
Hyssop	Rambianzana	

Essential oils for children over age 6

Anise	Laurel Leaf	Rambianzana
Cajeput	Marjoram (Spanish)	Sage (Greek)
Cardamom	Myrtle (Red)	Sage (White)
Cornmint	Myrtle (aniseed)	Sanna
Fennel	Niaouli	Saro
Galangal	Peppermint	
Ho Leaf		

Essential oils for children over age 10

Eucalyptus-All varieties*	Rosemary
*Robert Tisserand says that eucalyptus globulus and radiata can be diffused (1-2 drops) and applied topically at a concentration of 0.5% (2 drops in 4 teaspoons carrier oil) for children over 3 and at 1.5%. (1 drop per teaspoon of carrier oil) for children over 6.	

Essential oils UNSAFE for Pets

Anise	Horseradish	Sassafras
Birch	Hyssop	Savory
Bitter	Juniper	Tansy
Almond	Mugwort	Tea Tree Oil
Boldo	Mustard	Terebinth
Calamus	Oregano	Thuja
Camphor	Pennyroyal	Thyme
Cassia	Peppermint	Wintergreen
Clove	Pine	Wormwood
Garlic	Rue	Yarrow
Goosefoot	Santolina	Ylang-ylang

Essential oils for Cats

Cats are extremely sensitive to essential oils. Cats have very acute senses of smell, delicate and thin skin (which allows for quicker absorption of oils, and can't efficiently metabolize some of the compounds in essential oils. this can lead to toxic build-up in their bodies and can occur VERY rapidly.

- Avoid all oils that contain Phenols, Ketones, D-Limonene, and Alpha-pinene
- Do not apply oils directly to a cat unless **highly diluted** (Similar to small children - 1-2 drops/oz.)
- Diffusion is preferred, however, do not trap cats in rooms where diffusers are running
- Use caution when using oils in cleaning products of larger areas. Give cats a place to go to avoid the scent.

Oils that are considered safe for cats

Clary Sage	Helichrysum	Rosemary
Elemi	Idaho Balsam Fir	Valerian
Frankincense	Lavender	
Geranium	Roman Chamomile	
DO NOT use other oils on cats unless directed by a professional		



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Essential oils to **AVOID** during Pregnancy and Lactation

Anise	Carrot Seed	Genipi	Oregano	Western Red Cedar
Anise, Star	Cassia	Hibawood	Parsley Leaf	Wintergreen
Araucaria	Chaste Tree	Ho Leaf (Camphor CT)	Parsley Seed	Wormwood, All
Artemisia vestita	Cinnamon Bark	Hyssop (Pinocampnone CT)	Pennyroyal	Yarrow, Green
Atractylis	Costus	Lanyana	Rue	Zedoary
Birch, Sweet	Cypress, Blue	Lavender, Spanish	Sage, (Dalmatian and Spanish)	
Black Seed	Dill Seed, Indian	Mugwort (Savin	
Buchu	Fennel (Bitter and Sweet)	Myrrh	Tansy	
Calamint, Lesser	Feverfew	Myrtle, Aniseed	Thuja	

Essential oils that should be

Restricted During Pregnancy

The following essential oils are safe during pregnancy but require dilutions below the general safe recommendations. Recommended safe dilution rates for Dermal use are listed

Basil, Lemon	1.4%	Myrtle, Honey	0.9%
Boswellia	1.7%	Myrtle, Lemon	0.7%
Lemon Balm	3.4%	Nasturtium Abs.	0.26%
Lemon Leaf	1.2%	Tea Tree, Lemon	0.8%
Lemongrass	0.7%	Thyme, Lemon	3.7%
Litsea (May chang)	0.8%	Verbena, Lemon	0.9%
Melissa	0.9%		

Photo-toxic Essential oils

Photo-toxic Essential Oils applied to the skin typically with sun exposure (or in tanning beds) can damage the skin. This kind of phototoxic damage to the skin can be permanent. Proper dilution can eliminate risk. Maximum safe dilution rates for Dermal use are listed

For use above these concentrations, avoid significant UV exposure for 36 hours.

Angelica Root	0.8%	Lemon Verbena ND	
Bergamot	0.4%	Lime	0.7%
Cumin	0.4%	Mandarin	0.17%
Grapefruit	4%	Orange, Bitter	1.25%
Fig	ND	Rue	0.15%
Lemon	2%	Tagetes	0.01%

General Essential Oil Dilution Chart for Safety for Topical Applications ONLY

Note: This dilution guide is for "General Information ONLY". Users should consult oil specific maximum use concentrations to ensure safety with each individual oil. For use above these levels or for ingestion on any oil, users should consult a medical professional or a certified aromatherapist.

Infants and Children under age five (5)

Herbs, herbal infused oils, and hydrosols are generally preferred for this group. Diffusing essential oils is a good first choice option here, and certain oils are more appropriate for use with children, so choose carefully. If topical use of essential oils is necessary, apply highly diluted oils to the child's feet and cover them with socks.

Up to age 2	0-0.25%	1 drop in at least 4 tsp. carrier (20 ml)
Ages 2-6	0.25%-0.5%	1-2 drops in at least 4 tsp. carrier (20 ml)
Children ages five (5) through twelve (12)		
Ages 6-12	1% dilution is highly effective for these ages	1 drop in one teaspoon (5 ml) or 5-6 drops in one ounce (30 ml) carrier

Generally healthy teens and adults

Daily facial care	1%	5-6 drops in 1 ounce (30 ml) carrier
Daily body care	2%	10-12 drops in 1 ounce (30 ml) carrier
Acute care (bruises, cold or flu, headache, wart, bug bite, sting, burn)	3-5% (Dilutions higher than 5% are for short-term use only. Note: up to 10% dilution is acceptable, depending on the health concern, age, and oil used)	15-30 drops in 1 ounce (30 ml) carrier

Women who are pregnant or breastfeeding, people with sensitive skin, people with compromised immune system, the elderly

Daily body care and most acute care	1% dilution of appropriate essential oils. Some oils are contraindicated for pregnant and breastfeeding women.	5-6 drops in 1 ounce (30 ml) carrier
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20 Drops = 1ml

100 Drops = 1 tsp.

1fl. Oz. = 6 tsp. = 29.5 ml

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Note: This guide has not been reviewed by the FDA and is provided for informational purposes only. It is not intended to be a substitute for medical advice and is not intended to treat cure or prevent any disease