

## ESSENTIAL OIL SAFETY



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 reasonable care. Essential Oil Rules for Safety:

- 1) Keep Essential Oils in a secure place away from children and pets.
- 2) Cats lack an important detoxification mechanism, which most animals have. Because of this, it is important to avoid essential oils with phenols in them, such as tea tree.
- 3) While pure oils applied topically at ordinary levels should not be harmful to a developing fetus, please use caution with essential oils during pregnancy.

Visit our post (<http://young-living-essential-oils-pregnancy/>) for specifics on which oils some mamas choose to use cautiously during pregnancy and while nursing.

- 4) If hypertensive, avoid these oils: Hyssop, rosemary, sage, thyme and peppermint
- 5) Diabetics should not use angelica.
- 6) Read and sign the Essential Oil section of your coaching contract. There is valuable information there concerning which oils need to be diluted, which can be applied "neat," which can be ingested and which are photosensitive ( 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.)
- 7) If an essential oil or essential oil blend gets into your eye, flush the eye immediately with a carrier oil. Seek medical attention if the stinging and/or irritation continues.
- 8) If allergic to certain foods, do not use essential oils or carrier oils that come from those foods.
- 9) The following essential oils should be avoided if you have epilepsy: Cajeput, Camphor, Eucalyptus, Fennel, Peppermint, Rosemary, fennel, basil, birch
- 10) Never apply oils directly to the eyes or ear canal.

11) 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.

12) Care should be used with babies, children, and the elderly. Their skin is more sensitive and susceptible to irritation, burning, or stinging sensations. When applying oils to babies & children, use a carrier oil and ensure they will not accidentally get the oils in their eyes or mouth (bottoms of the feet and then covered with socks, or along the spine are good locations).

Lamad Coaching and No Boundaries Personal Development Centers Coaches, Therapist, Clinical Social Workers do not claim to be medical practitioners. The above safety precautions are guidelines and for informational purposes only. They are not intended to be a professional medical diagnosis, opinion or suggested course of treatment. Information and statements regarding essential oil products have not been evaluated by the FDA. Consult with your primary care physician to address specific health concerns you might have and inform them as to what alternative therapies you are using.

References: <https://draxe.com/essential-oils/essential-oil-safety/>