



Essential Oil Contraindications

During Pregnancy

Essential Oils to Avoid

- Aniseed
- Basil
- Birch
- Camphor
- Clary Sage
- Hyssop
- Mugwort
- Oak Moss
- Parsley Seed or Leaf
- Pennyroyal
- Peppermint
- Rosemary
- Rue
- Sage
- Tansy
- Tarragon
- Thuja
- Thyme
- Wintergreen

Diabetes

Essential Oils to Avoid

- Angelica
- Bitter almond
- Hyssop
- Rosemary

- Red thyme
- Sage
- Tansy
- Wormwood

High Blood Pressure

Essential Oils to Avoid

- Hyssop
- Sage
- It may also make sense for people with high blood pressure to avoid stimulating essential oils, such as rosemary and citrus (lemon and grapefruit) oils.

With Anticoagulant Medication

Essential Oils to Avoid

- Basil
- Bay leaf
- Birch
- Cinnamon
- Clove oil
- Fennel
- Frankincense
- Ginger
- Marjoram
- Nutmeg
- Peppermint
- Thyme
- Wintergreen

Pets

Essential Oils Harmful to Cats

- Cinnamon
- Citrus (d-limonene)
- Clove
- Eucalyptus
- Lavender
- Oregano
- Pine
- Pennyroyal
- Peppermint
- Sweet Birch
- Tea tree (melaleuca)
- Thyme
- Wintergreen
- Ylang Ylang

Essential Oils Harmful to Dogs

- Anise
- Cinnamon
- Citrus (d-limonene)
- Clove
- Garlic
- Juniper
- Pennyroyal
- Peppermint
- Pine
- Sweet birch
- Tea tree (melaleuca)
- Thyme
- Wintergreen
- Yarrow
- Ylang Ylang

Always seek the advice of your personal health care provider prior to making any changes in your medication, nutritional supplementation, or exercise routines. Never disregard other professional medical or mental health care advice or delay in seeking treatment. Any information shared or presented on this website is NOT meant to diagnose, treat, cure, or prevent any disease.