

ESSENTIAL OIL PRECAUTIONS

*Please note these precautions are very specific to essential oil topical applications.

DO NOT USE THESE ESSENTIAL OILS ANYTIME	bitter almond, boldo, buchu, cade, calamus, brown camphor, costus, elecampane, mugwort, mustard, pennyroyal, rue, sassafras, thuja, vanilla, and wormwood
NOT FOR USE IN BATH	basil, benzoin, bergamot, black pepper, clove bud, cinnamon, eucalyptus, lemon, litsea cubeba, marjoram, nutmeg, orange, oregano, peppermint, pine, rosemary, sage, spearmint, tarragon, and thyme
NOT FOR CHILDREN UNDER 5 YEARS	basil, camphor, cedar (Cedrus atlantica), eucalyptus, fennel, hyssop, geranium, jasmine, marjoram, nutmeg, rose, rosemary, sage, and tarragon
NOT FOR DIABETES	angelica
NOT FOR EPILEPSY	camphor, eucalyptus, fennel, hyssop, rosemary, and sage
NOT WHEN USING HOMEOPATHIC REMEDIES	black pepper, camphor, eucalyptus, peppermint, rosemary, and spearmint
NOT FOR HIGH BLOOD PRESSURE	camphor, eucalyptus, hyssop, rosemary, and thyme
NOT FOR KIDNEY DISEASE	juniper
NOT FOR LOW BLOOD PRESSURE	clary sage, lavender, marjoram, and ylang ylang
NOT FOR LONG TERM USE	fennel, juniper, marjoram, and tarragon
NOT FOR PREGNANCY	aniseed, basil, bay laurel, birch, camphor, citronella, cistus, clary sage, clove, cedar, cinnamon, cumin, cypress, eucalyptus, fennel, frankincense, hyssop, Indian ginger, jasmine, juniper, lemongrass, marjoram, mugwort, myrrh, nutmeg, oregano, pennyroyal, peppermint, rose, rosemary, sage, star anise, tansy, tarragon, thyme, and wintergreen
NOT FOR SENSITIVE SKIN - MAY BE AN IRRITANT AND NEEDS TO BE APPLIED DILUTED.	aniseed, basil, bay laurel, benzoin, bergamot, black pepper, cajuput, camphor, citronella, clove bud, fennel, geranium, ginger, grapefruit, lemon, lemongrass, lime, mandarin, orange, oregano, rosemary, peppermint, petitgrain, pine, spearmint, spruce, and thyme
PHOTOTOXIC – SUN SENSITIVITY	angelica root, basil, bergamot, grapefruit, lemon, lime, mandarin, melissa, and orange

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AVOID WITH HISTORY OF ESTROGEN-DEPENDENT CANCER	aniseed, basil, clary sage, cypress, fennel, geranium, myrrh, pine (prostate cancer), sage, tarragon, and vitex
AVOID LONG TERM USE WITH ESTROGEN-DEPENDENT CANCER	r. chamomile
MAY INCREASE NARCOTIC EFFECT OF DRINKING ALCOHOL AND OVER USE CAN CAUSE HEADACHES	clary sage

SAFE ESSENTIAL OILS TO USE DURING PREGNANCY- check specific precaution

(It is suggested to use only half of the usual amount of essential oils in a blend or 1% or lower.)

SAFE ENTIRE PREGNANCY	CAN USE FROM SECOND TRIMESTER ONWARD	THIRD TRIMESTER ONLY	* SAFE TO USE WITH NEWBORNS
benzoin (onycha), bergamot, black pepper, coriander, fir, grapefruit, lemon, mandarin, myrtle, orange, petitgrain, rosewood, tangerine, and ylang ylang (Use in moderation)	chamomile, lavender (<i>Lavendula angustifolia</i>), and spearmint (Use in moderation)	jasmine, rose, and geranium (Use in moderation)	benzoin (onycha), chamomile, lavender, mandarin, and myrtle Mix 1-3 drops of essential oils to 30ml/1 oz sweet almond oil.

* See *Aromatherapy for the Healthy Child* by Valerie Ann Worwood for specifics on children; newborn to age 9

Please feel free to copy and share these essential oil precautions with others.

Courtesy of:
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