

Essential oil contraindications/warnings/safety

The use of essential oils or aromatherapy products does not replace the need for formal diagnosis and treatment by a qualified medical practitioner. Essential oils may be used as a complement to mainstream pharmaceuticals, following a detailed enquiry into any contraindications, warnings and safe use practices. The decision to cease prescribed medication should only occur with consultation with your preferred medical practitioner.

Application or administration of essential oils is at the sole discretion of the user. The Aroma Coterie cannot be held accountable or liable as there is no express nor implied guarantee as to the effects or use of aromatherapy products.

SAFETY

- Essential oils are not soluble in water. Make sure you dilute or fully disperse them when using water as a base.
- Essential oils are very concentrated substances and should be diluted before applying them to the skin. Follow recommended dilution charts and guidelines for percentage solution.
- Phototoxic oils are essential oils that, if applied before sun exposure, can cause the skin to burn or darken at a faster rate. Examples, but not limited to: Angelica root, bergamot, lemon, lime, ginger, mandarin, orange and grapefruit are all phototoxic.
- Read about an essential oil before applying it.
- Essential oils can cause irritation to sensitive skin. Apply any vegetable/carrier oil (not water) to the area; this will cause the essential oil to be absorbed and ease the irritation.
- Keep essential oils away from eyes. If contact occurs, seek medical attention.
- If skin irritation or an allergic reaction occurs with any essential oil or product with essential oils in it, discontinue use.
- Keep essential oils out of the reach of children and animals.
- Essential oils should not replace proper health care. If you are under medical supervision consult with your health care provider before using essential oils. Read the safety data on each essential oil before use.

CONTRAINDICATIONS

Certain oils are not recommended or should be used with caution. Read each oil's safety data before use. People with the following conditions should take caution with respect to the below listed oils:

- **Epilepsy** - people with epilepsy or the risk of seizure should stay away from stimulating essential oils such as: sage, sweet fennel, hyssop, eucalyptus, rosemary.
- **High Blood Pressure** - avoid oils that will increase circulation and adrenaline: rosemary, peppermint, hyssop, thyme, eucalyptus and sage.
- **Low Blood Pressure** - avoid oils that are overly sedating: clary sage, ylang ylang, and lavender.
- **Pregnancy** – nil during the 1st trimester. A limited number of essential oils are generally regarded as safe after the first trimester – seek qualified practitioner advice.
- **Babies – avoid.**
- **Infants & children** - A limited number of essential oils are generally regarded as safe and dosages should be at 1% ration in accordance with a recognised dosage chart. Seek qualified practitioner advice.
- **Note:** *these suggestions for your safety are not to be considered complete or all-inclusive.*