

ESSENTIAL OIL PRECAUTIONS

* 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, wormwood
NOT FOR USE IN BATH	bergamot, black pepper, clove bud, cinnamon, eucalyptus, lemon, litsea cubeba, marjoram, nutmeg, orange, oregano, peppermint, pine, rosemary, sage, spearmint, tarragon, thyme
NOT FOR CHILDREN UNDER 5 YEARS	basil, camphor, cedar(cedrus atlantica), eucalyptus globulus, fennel, hyssop, geranium, jasmine, marjoram, nutmeg, rose, rosemary, sage, tarragon
DIABETES	angelica
EPILEPSY	camphor, eucalyptus, fennel, hyssop, rosemary, sage
WHEN USING HOMEOPATHIC REMEDIES	black pepper, camphor, eucalyptus, peppermint, rosemary, spearmint
HIGH BLOOD PRESSURE	camphor, eucalyptus, hyssop, rosemary, thyme
KIDNEY DISEASE	juniper
LOW BLOOD PRESSURE	lavender, marjoram, ylang ylang
NOT FOR LONG TERM USE	fennel, juniper, marjoram, tarragon
PREGNANCY- CONTRAINDICATED	aniseed, basil, bay laurel, birch, camphor, citronella, cistus, clary sage, clove, cedar, cinnamon, cumin, cypress, eucalyptus, fennel, hyssop, Indian ginger, jasmine, juniper, lemongrass, marjoram, mugwort, myrrh, nutmeg, oregano, pennyroyal, peppermint, rose, rosemary, sage, star anise, tansy, tarragon, thyme, wintergreen
SENSITIVE SKIN- MAY BE AN IRRITANT AND NEED TO BE USED DILUTED	aniseed, basil, bay laurel, bergamot, black pepper, cajuput, camphor, clove bud, fennel, geranium, ginger, grapefruit, lemon, lemongrass, lime, mandarin, orange, oregano, rosemary, peppermint, petitgrain, pine, spearmint, spruce, thyme,
SUN SENSITIVITY- POSSIBLE PHOTOTOXIC	angelica root, basil, bergamot, grapefruit, lemon, lime, mandarin, melissa, orange

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AVOID WITH HISTORY OF ESTROGEN-DEPENDENT CANCER	basil, clary sage, cypress, pine (prostate cancer)
AVOID LONG TERM USE WITH ESTROGEN-DEPENDENT CANCER	r. chamomile, geranium
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)

SAFE ENTIRE PREGNANCY	CAN USE FROM SECOND TRIMESTER ONWARD	THIRD TRIMESTER ONLY	SAFE TO USE WITH NEWBORN
benzoin (onycha), bergamot, black pepper, coriander, fir, frankincense, grapefruit, lemon, mandarin, myrtle, orange, petitgrain, rosewood, tangerine, ylang ylang	chamomile, lavender (<i>Lavendula angustifolia</i>), spearmint	jasmine, rose, geranium, tea tree	benzoin (onycha), chamomile, lavender, myrtle, orange, mandarin mix 2-3 drops of essential oils to 30ml/ 1 oz. lotion or mixing 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 precautions with others.

Courtesy of:
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