How to Use Essential Oils Safely

Therapeutic grade essential oils are relatively safe to use if you follow a few common precautions you will be fine. Inferior or synthetically altered oils can have adverse affects. The most common affect is skin reaction, a stinging burning sensation or a rash. People with plant allergies may have allergic reactions.

**Skin Safety**
- If your skin reacts with a stinging burning sensation or a rash, rub in olive or other vegetable oil. Do not try to wash off the oil with water, which will cause it to spread even more.
- Do not get it in your eyes, nose, ears or other sensitive areas.
- If applying oils directly on your skin mix it with olive or other vegetable oil, at least until you are familiar with the oil and know that you will not have a reaction.
- Some oils like clove, cinnamon, oregano and cassia should never be put on the skin unless diluted with a vegetable oil.
- Citrus oils cause sensitivity to the sun. Wait a couple hours after applying it to your skin before you spend any time outside.
- Do a skin test before using a new essential oil. Simply add a drop to the inside of your elbow and wait at least 24 hours to see if you have any kind of reaction.
- Add essential oils to your bath gel. This will disperse the oil throughout the water; otherwise the oil will float on top of the water and may cause skin irritation.

**Storage**
- Keep oils out of reach of children.
- Store bottles of essential oils out of direct sunlight and away from electrical equipment.
- Keep lids tightly closed.
- Do not touch the orifice reducer; it is designed to funnel the last drop back into the bottle. If you touch it then the dirt and oils from your skin will go into the bottle and cause it to go bad.
- Store all oils in brown bottles.
- Keep oils away from open flames, essential oils are potentially flammable.

**Application**
- To use, hold the bottle in your right hand and allow a drop or two to fall into the palm of your left hand. Then rub your palms together, then rub onto location,
• Or you can mix essential oils with a vegetable oil, such as olive, in a large spoon or small bowel, if you need just a few drops.

**Precautions**
- If you are pregnant seek expert advice from a health care professional.
- If you have epilepsy or high blood pressure consult a health care professional before using essential oils. Use with caution or avoid hyssop, fennel, basil, birch, nutmeg, rosemary, peppermint, sage, tarragon and Idaho tansy.
- Some oils should not be used on children but for the most part use half as much essential oil diluted in olive or other vegetable oil.
- Do not take internally unless you know what you are doing.

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