

Safety Factors

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The following oils should not be used during PREGNANCY.

Basil, Cajeput, Clary Sage, Cedarwood, Cypress, Fennel, Jasmine, Juniper, Lemongrass, Marjoram, Myrrh, Peppermint, Rose, Rosemary, and Thyme (Red).

Some of these essential oils are known as emmenagogue – stimulates the menstrual cycles.

- 2 Do not use the following essential oils in the first three months: - These can be used later at a 1% dilution; Chamomile, Geranium, Frankincense, Lavender and Rose.

If you have any history of miscarriages, it is advisable not to use any essential oils.

- 3 Do not use Rosemary and Thyme (Red) if you have high blood pressure.
- 4 Do not use Fennel, Rosemary, or Thyme Red if you are epileptic.
- 5 If you suffer from allergic or sensitive skin conditions, if there is any doubt as to whether will react, do a patch test 24 hours before use.
- 6 Essential oils to be used in low dosages or dilutions as they may cause irritation if use in high concentrations.

Basil, Cajeput, Ginger, Lemon Myrtle, Lemongrass, and Thyme (Red).

Children and babies – Eucalyptus

- 7 Oils to be use in low dilutions as the aroma can be very strong and can impede concentration or cause headaches; Jasmine and Ylang Ylang.
- 8 When using Bergamot, do not go into direct sunlight or under solarium this oil is photo-toxic (which increases tanning) when exposed to direct sun. This can also apply to a certain extent to other citrus oils.
- 9 Marjoram is not recommended people with depression as it is the most sedative of all the oils.
- 10 If you suffer from kidney disease avoid the use of Juniper.
- 11 Essential oils must not be taken internally.
- 12 Do not use essential oils in the eyes or around them.
- 13 Direct application on to the body – not recommended – all essential oils must be diluted into carrier oil, water, cream or some medium.
- 14 Please refer to the Essential Oil dilutions chart for recommended dosage for Adults, elderly children, pregnant women, babies and children.