

# Safety Precautions

## **GUIDELINES FOR THE SAFE USE OF YOUNG LIVING ESSENTIAL OILS**

1. Always keep a bottle of V-6 Vegetable Mixing Oil, Massage Oil Base or any pure vegetable oil handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation.

2. Keep bottles of essential oils tightly closed and store them in a cool location away from light. If stored properly, essential oils will maintain their potency for many years.

3. Keep essential oils out of reach of children. Treat them as you would any product for therapeutic use.

4. Do not use essential oils rich in menthol (such as peppermint) on the throat or neck area of children under 30 months of age.

5. Direct sunlight and essential oils: Lemon, bergamot, orange, grapefruit, tangerine, White Angelica and other citrus oils may cause a rash or darker pigmentation if applied to skin exposed to direct sunlight or UV rays with 3 to 4 days of use.

6. Keep essential oils away from eye area and do not put into ears. Do not handle contact lenses or rub eyes with essential oils on fingers.

- Oils with high phenol content: oregano, helichrysum, cinnamon, thyme, clove.
- Oil that may damage contacts and irritate eyes: lemongrass, bergamot, Thieves, ImmuPower.

7. Pregnant women should consult their health care professional before using essential oils containing constituents with hormone-like activity, such as clary sage, sage, Idaho tansy, juniper and fennel.

8. Epileptics and those with high blood pressure should consult their health care professional before using essential oils. Avoid using hyssop, fennel and Idaho tansy oils.

9. People with allergies should test a small amount of oil on a small area of sensitive skin, such as the inside of the arm, before applying the oil on other areas. The bottom of the feet is one of the safest, most effective places to use essential oils.

10. Before taking GRAS (Generally Regarded as Safe) essential oils internally, always dilute with an oil-soluble liquid like honey, olive oil or soymilk.

11. Do not add undiluted essential oils directly to bath water. Use Bath Gel Base as a dispersing agent for oils in the bath.

References: Young, N.D., Gary D. An Introduction to Young Living Essential Oils. Eleventh Edition, 2001. Essential Oils Desk Reference. Compiled by Essential Science Publishing, Second Edition, July 2001.