

Essential Oil Safety

Essential oils are very powerful and should be applied responsibly. Using common sense and educating yourself about the individual oils and their uses can help avoid potential issues. Essential oils are concentrated, volatile compounds with powerful capacity. Remember, a little bit goes a long ways.

For your benefit, a number of safety guidelines are listed below. While this list does not take the place of your individual learning and is not comprehensive by any means, it will give you a great start on your usage journey.

- **Remember**, essential oils are concentrated, potent plant extracts and should be used with care. They are safe and effective when used properly. It takes only small amounts to create powerful therapeutic effects.
- **Location, Location, Location**: Never put the oils in the eyes, up the nose, or deep into ear canals. Avoid contact with sensitive areas.
- **Warm to Hot**: Many oils can be applied “neat” (directly to the skin without being diluted), but others need to be diluted with a few drops of carrier oil (such as Fractionated Coconut Oil) before application. Ratio of dilution is best increased when considering those with fragile or developing immune system (i.e. infants/children, pregnant women, those with compromised health).
 - » Oils to consider for dilution:
 - › Those with extra warmth and/or sensation such as bergamot, black pepper, cedarwood, eucalyptus, ginger, lemongrass, lime, peppermint, and wintergreen.
 - › Hot oils such as with cassia, cinnamon, clove, oregano, and thyme.
- **Use Common Sense**: Keep all essential oils out of the reach of children – and avoid contact with your eyes after applying them. This is just standard safety precautions that are important to mention.
- **Dilution the Solution**: If an adverse response to a topical application occurs (burning, a rash, etc.), remove the essential oil using a standard kitchen oil, such as vegetable oil, olive oil, or even butter. Apply the oil and then wipe it off with a paper towel. Repeat as often as necessary until relief is achieved.
- » **Important Tip**: Water does not wash off an essential oil and will not dilute the effects that are attempting to be diminished or alleviated. Rather, it can spread and enhance discomfort. If attempting to “wash off” vs. diluting (as indicated above) the use of some kind of soap, which actually breaks down oils (fats or lipids), can be helpful.
- **Do Not Overuse**: Overuse of essential oils both in frequency or quantity can trigger negative responses from the body and is one of the most common reasons for it. Follow recommendations for therapeutic doses and remember that less is more.
- **Inhale Instead**: If a certain oil is desired for use, but topically applying it irritates the skin (and dilution does not alleviate it), temporarily discontinue use of the essential oil, and use it aromatically. Simply breathe in that aroma or diffuse it. Inhaling essential oils can, in some cases, be as effective as applying.
- **React to Reactions**: Should an allergic reaction occur, seek medical attention as needed and follow any protocols you already have in place for these reactions.
- **Do Your Own Research**: Always be a responsible user by consulting other appropriate educational resources and continue learning to be your own expert!



AND, right at your fingertips, refer back to this information anytime. Go to the **LEARN MORE** section on your Brilliant Solutions App) and click on **FAQs and Safety Guidelines**.

WHY DO SOME PEOPLE REACT TO CERTAIN ESSENTIAL OILS?

In more rare instances, there is a negative response or reaction to using a certain oil that typically manifests as skin discomfort or irritation. Topical application of an essential oil without dilution is the most common cause. This response can be temporary or lingering.

Here are a few other considerations as to why this kind of response might occur:

- **Overuse** of essential oils both in frequency or quantity can trigger negative responses from the body and is one of the most common reasons.
- The **undiluted** use of a “hot” or sensational/warm oil. This can trigger both a temporary or long term negative relationship to the oil. See “Warm to Hot” for a list of specific oils that are recommended for potential dilution.
- Certain individuals already have **allergies** to specific plants. If you have known allergies, although the use of the oil may not trigger a reaction, consider a Patch Test or avoiding contact altogether with the oil derived from that plant.
- Very occasionally, seemingly **random responses** occur to an oil that is not an expected trigger (i.e. it’s not a “hot” oil) but the body expresses a sensitivity. The reason for this kind of response may often go unknown. Discontinue use, temporarily or long term, as needed.
- **A detox reaction.** Consider this: the whole idea of supporting optimal health by participating in wellness practices is to encourage the body to function well and eliminate waste. When a new health program is introduced, one may expect to experience greater function and elimination. Due to the body’s response to the chemistry of an oil which may trigger, for example, the detoxification or elimination of a medication, drug, toxin, chemical, caffeine, or even latent pathogens. • Sometimes the body



has been unable to cleanse certain toxins on its own, but once normal, everyday functions and elimination processes are better supported, it starts to move out toxins or waste. Some bodies are:

- › Overexposed to unhealthy eating and habits, toxins
- › Nutritionally deficient
- › Dehydrated
- › Unprepared for this action from the oils

The best way to prevent this exaggerated detox response is to make the first step in a wellness program a **focus on nutrition** (such as doTERRA’s Daily Nutrient or Lifelong Vitality packs), hydration, proper digestion (i.e. doTERRA’s TerraZyme product), and necessary dietary improvements. Then as a secondary approach to increased health, is an intentional and well supported detox program which can be a marvelous way to better health!



On your Brilliant Solutions App under the **NATURAL SOLUTIONS** and under *Area of Focus*, you will find specific ideas on Detoxing.



USE OF ESSENTIAL OILS WITH CHILDREN:

- Children respond very well to essential oil use and making them a normal part of their everyday routine can set them up for a lifetime of wellness success. As their bodies are smaller and their skin is more delicate, they can be more sensitive or simply need less of the oils. Therefore, it's highly **recommended to dilute** essential oils when applying to children.
- The smaller the body, the greater the dilution ratio to be considered. If, for example, you make your own blend recipe, you would only use half of the essential oil amount recommended in the recipe for children. For infants, reduce $\frac{1}{4}$ or less of the recommended amount. Very little is needed.
- A great place to apply the diluted oil(s) is on the **bottoms of the feet** as it reduces the risk of skin agitation and helps the oils circulate through the body.
- Consult appropriate materials to support safe and healthy use with children.

Quick tip: When applying essential oils to the bottoms of a baby's feet, consider putting socks on right after. As babies tend to play with their feet, they could get the oils on their hands and inadvertently get them in their eyes, ears, or mouth. Not fun!



USE OF ESSENTIAL OILS WHILE PREGNANT OR NURSING:

- Pregnant women need to appropriately educate themselves about which oils are safe and beneficial for use while pregnant through the many resources available.
- Pregnant and nursing women are encouraged to consult their health practitioner who is educated in the use of essential oils.
- Dr. David Hill, doTERRA's Chief Medical Officer and Chairman of the Scientific Advisory Committee, says: "A great benefit of essential oils is that they are **safe and effective throughout every phase of life**, including pregnancy. Due to the mild, non-irritating nature of many essential oils, they can be used confidently during this time. An important consideration throughout pregnancy is supporting healthy function of the entire body. For example, Frankincense supports cellular function and, in turn, improves overall health. I have found Ginger, Peppermint, Lavender, and citrus oils can aid in the relief of pregnancy-related issues such as queasiness, emotional imbalance, and other common discomforts that accompany normal pregnancy. It's also important to remember that during pregnancy many women are especially sensitive. Adapting quantity, application methods, or dilution ratios may be necessary to **accommodate** these heightened sensitivities." Fall 2014 Living Magazine.



USE OF ESSENTIAL OILS DURING SUN EXPOSURE:

- Citrus oils, when cold-pressed, contain natural ingredients that are **highly desirable** for their health benefits. Therefore, doTERRA uses this method for all their single citrus oils (Bergamot, Grapefruit, Lemon, Lime, Wild Orange). When cold-pressed, citrus essential oils contain a natural molecular structure that can react to sunlight, or UV rays, and can cause a sensitivity reaction on the skin. Avoid putting citrus oils on areas that will be exposed to the sun within 12 hours.
- Knowing this can be an issue, doTERRA's beauty and cosmetic products are developed to reduce the risk of reaction to sunlight or UV rays. That being said, if your skin is typically more sensitive, consider testing any products on your arm or the back of your hand in the sunlight before applying them to areas like your face, neck, or head.
- Additionally, for products that a consumer may not think about for vulnerability to sun exposure, doTERRA has gone the extra mile to reduce risk. For example, the InTune blend contains lime oil that is steam-distilled, not cold pressed, so as to alleviate sun sensitivity issue for the end user.

USE OF ESSENTIAL OILS WITH PRESCRIPTION MEDICATION:

- With any disease or medical condition, or if you are taking prescription medication(s), before using an essential oil it is recommended that you **consult with a trained medical professional** that is experienced with essential oil use. Seek the advice of a prescribing physician and/or pharmacist to learn about any potential reactions between the medications and essential oils. This combination of use (oils and medication) is ultimately the sole responsibility of the user therefore education and precaution is encouraged.



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