

Essential Oil Safety Guidelines

All the information refers to Young Living therapeutic grade essential oils only. Before using Young Living essential oils, many people are nervous about using oils. But after learning about therapeutic grade oils, they realize that the danger is in using oils that were adulterated, contained solvents, and just aren't pure. With that said, these oils are potent and safety is important. Always consult your healthcare provider.

- **Babies & Kids:**
 - Always dilute with babies and kids.
 - For babies, dilute 1-3 drops in 1 tablespoon of carrier oil.
 - For toddlers, dilute 1-3 drops in 1 teaspoon of carrier oil.
 - For young children, dilute 2-6 drops in 1 teaspoon of carrier oil.
 - Use with caution on babies:
 - Eucalyptus
 - Basil
 - Juniper
 - Peppermint
 - Hyssop
 - Wintergreen
 - Use 4-10 drop when diffusing. Diffuse less for stronger smelling oils and for babies.
 - Introduce oils slowly to babies and children. You can start by putting oils topically on yourself and see if they have any reactions as you hold them or diffuse a few drops. Dilute heavily when applying topically. Once you know how your baby responds, you can gently lower the dilution.
- **Pregnancy:** Always use common sense. Many pregnant women have said that they felt a very positive response with using essential oils. Always dilute.
 - Avoid
 - Clary Sage
 - Jasmine
 - Fennel
 - Use with caution
 - Basil
 - Calamus
 - Cassia
 - Clary Sage
 - Cinnamon Bark
 - Fennel
 - Hyssop
 - Jasmine
 - Juniper
 - Myrrh
 - Nutmeg
 - Rosemary
 - Sage
 - Idaho Tansy
 - Tarragon
- **Nursing:**
 - Use caution when ingesting essential oils. They could affect the taste of breast milk.
 - Clary sage and peppermint may reduce milk supply. This includes diffusing.
 - To **increase milk supply**, try Fennel, Joy, Myrrh, or Stress Away.

For more info, go to www.peppermintsoul.com

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- **Epileptics & high blood pressure** - extra caution with high ketone oils such as basil, rosemary, sage, and tansy.
- **Citrus oils are photosensitive** so use where the sun don't shine. This includes Angelica, Bergamot, Orange, Lemon, Lime, Grapefruit, Citrus Fresh, and Tangerine.
- **Ingestion:** Vitality oils are GRAS (generally regarded as safe by the FDA). YL has 2 lines - vitality and "regular". The FDA allows products to be labeled as topical use or supplemental use. They can't be both. So YL made 2 labels. You'll notice that oils like Orange are available as Orange and as Orange Vitality. They are the same oil inside the bottle with a different label.
 - The French model of using essential oils includes ingesting essential oils. Ingesting therapeutic grade essential oils is an ancient practice.
 - Ways to ingest:
 - In a vegetable capsule
 - In a spoonful of honey
 - 1 drop on your tongue (careful with "hot" oils like peppermint)
 - In a cup of coffee or tea
 - In a glass of water
 - Don't use plastic or Styrofoam. Essential oils break down petrochemicals including plastic and Styrofoam. Essential oils do the same in your body. They support cell regeneration, break down petrochemicals, and scrub your cells clean.
- **Never put oils in ears or eyes.** Water and oil don't mix. If you get essential oils in your eyes, do not try to rinse out with water. The oils will repel against the water and dive deeper into your eyes, burning even more. Use a carrier oil or fatty substance to draw the oils out. Any carrier oil, unscented lotion, butter, milk....anything fatty will work. Simply rub some of the carrier oil on your eye. The burning will stop soon.
- **Diluting essential oils** simply means mixing them with a carrier oil before topical application. Carrier oils are vegetable oils like coconut, almond, avocado, and grapeseed oils.
 - Essential oils are volatile and want to evaporate. Diluting essential oils in a fatty carrier oil traps the essential oil, causing it to last longer on your skin.
 - Diluting does not dilute the effectiveness of the essential oils.
 - Diluting essential oils will keep "hot" oils from sensitizing your skin causing a hot sensation. This is important especially for babies, kids, and people with sensitive skin. If an oil is hot on your skin, simply grab a carrier oil and rub some on top of the hot area.
 - How much to dilute depends on the purpose for using the oil, age of the person, the oils being used, and the person's usage history. It could anywhere from 1 drop per teaspoon of carrier oil to a 50/50 mix to using the essential neat (without diluting).
 - When in doubt about diluting, start with a high dilution ration (less essential oil and more carrier oil) and work your way up. You can always add more essential oils as needed.

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