



Homesteader.life

## Essential Oils Safety Considerations and Best Practices

### *Health Concerns and Interactions:*

- There are some oils you should avoid if you have a seizure disorder, are on blood thinners or medication for high blood pressure. If you take any drug regularly, it is important to research possible interactions. Talk to your doctor or pharmacist.
- If you are pregnant, discuss oils to avoid with your doctor or midwife. There are also a lot of great books on the subject of oils for supporting healthy pregnancy and birth.
- Wintergreen Essential Oil: If you have true aspirin allergies (not just slight stomach upset from aspirin) or are on blood thinners, you will need to avoid wintergreen essential oil (deep blue and past tense blends). We also avoid wintergreen oil use on children.

### *Usage and Application:*

- Less is more with oils. Apply small amounts of diluted oil, frequently rather than large amounts at once.
- Most oils should be applied to the skin diluted with a vegetable oil. This does not lessen the effect of the oil. You may make exceptions to this as you learn your individual tolerance. Some oils (Oregano, Thyme, Cassia, etc) are known as HOT- they will cause a burning sensation on the skin.
- Do not get oil in eyes, nose or ears. If you would like to use oils to support an inner ear problem, apply to the bone behind the ear or apply a drop to a cotton ball and place gently inside the ear.
- If you ever get oils in your eyes, or if you have an uncomfortable sensation after applying oils, apply a vegetable oil (such as coconut oil) to dilute the oil – Don't try to wash it with water. Oil and water don't mix and the water will drive the oil deeper and make the reaction worse.
- Citrus oils are photo-sensitizing, if you apply them directly to your skin and go out in the sun, you will be at a greater risk for burning. For about 24 hours
- If you are using a drop of oil to flavor your water, always use a glass or stainless steel container. Essential oils can degrade plastics, causing toxins to leach into your water.

### *Oils and Children:*

- ALWAYS dilute oils generously when applying to children and babies. doTERRA makes a line of pre-diluted oils called the "Touch" line that is amazing for this. The safest place to apply oils to children and babies is often the bottom of the feet (under socks) and along the spine so there is no risk of them rubbing it in their eyes.
- As a caution, avoid using Eucalyptus, Peppermint and Rosemary on young babies. The active constituents in these oils can overwhelm developing lungs. On toddlers and older children, always apply diluted and in small amounts – never apply on the face or up the nose.
- We do not recommend internal use for children.
- Keep oils out of the reach of small children. You can also purchase child safe caps for your oils.

### *Oil Storage:*

Avoid exposing oils to sunlight or extreme heat. This can degrade them more quickly. Don't keep them in your hot car.

Happy Oiling!