

Essential Oils Safety Precautions:

Unless you are highly experienced and qualified.

- Always buy and use organic or wild crafted Essential Oils.
- Never use neat. (always dilute your Essential Oils)
- Never ingest or tell anyone to ingest essential oils.
- Do not use on young children, pregnant women, people with sever heart disease liver disease or with epilepsy. Take extra caution when using on people undergoing chemotherapy or psychiatric treatments.
- Avoid using near eyes, ears or genitals.
- Do not use citrus oils on skin or in lotions when used in the morning as photo sensitivity may occur with exposure to the sun.
- Do not prepare formulations in outdoor locations or in sunshine.
- Do not use Essential Oils neat in baths. Always use a dispersant.
- Keep them safely secured away from young children and pets.
- Keep Essential Oils away from flame and electrical outlets/sources.
- Avoid spillage on furniture and appliances.
- Never leave essential oil bottle open to the air. Store in a dark, cool place in dark glass bottles.

For more safety information: <https://www.naha.org/explore-aromatherapy/safety>