HOW TO USE ESSENTIAL OILS SAFELY

CHEATSHEET

ESSENTIAL OILS THAT ARE NOT SAFE UNDER 2

Balsam
Benzen
Black Seed
Cardamom
Garlic
Ginger
Myrrh

Lemmon Balm
Lemon Basil
Lemon Verbena
Lemon Grass
Maj Chay
Oakmoss
Oregano

Bambaziana
Salmon
Tea
Tremoss
Ylang-ylang

ESSENTIAL OILS THAT ARE NOT SAFE UNDER 6

Aniseed
Anise Star
Birth
Cayjuput
Cardamon
Chalice Tree
Commint
Eucalyptus

Fennel
Galangal
Ho Leaf
Laurel
Laurel
Spanish
Myrtle
Niaouli

Peppermint
Rainbavura
Rosemary
Sage
Samosa
Sara
Wintergreen

ESSENTIAL OILS THAT ARE NOT SAFE FOR CHILDREN

Anise
Anise Star
Artemis
Balm gum
Balsam

Cinnamon
Clary Sage
Clint
Clove

German Chamomile
Helichrysum
Hemlock
Jasmine Absolute
Lavender

Neroli
Orange Sallet
Orange, Sweet
Orange, Bourbon

Savera
Sandalwood
Savoire
Tea Tree Oil

ESSENTIAL OILS TO AVOID DURING PREGNANCY, LABOR, AND WHILE BREASTFEEDING

Aniseed
Black Pepper
Blue Tansy
Cedarwood
Cypress

Chamomile
Cinnamon
Clove

Geranium
German

Neroli
Orange

Tea Tree

SAFELY

Dilution 0.25% 1% 2% 3% 5% 10% 15% 20% 25%

Caps of essential oil per 1 tsp (5 mL) of carrier oil

0.25% dilution

Children 6 months - 6 years

Use very sparingly under age two

2% dilution

Children over age 6

Pregnant women

3% dilution

Those with sensitive skin, compromised immune systems, or other serious health issues

5% dilution

Ideal for most adults and in most situations, including daily skin care

10% dilution

Used short-term for a temporary health issue, such as a muscle injury or respiratory congestion. Up to 10% dilution is acceptable, depending on the health concern, the age of the person, and the oils being used.

20% dilution

Short-term use only, such as for muscle cramping, bad bruising, or severe pain.

Using oils neat (undiluted)

Use caution when using EOs undiluted, as some individuals can experience irritation or sensitivity. Lavender may be used neat for short periods, such as for bug bites, burns, stings, or cramps.