## Essential Oils That Are Not Safe for Children

### Aromatically
- Anise
- Fennel
- Peppermint
- Star anise

### Topically
- Added to beauty products, such as lip balm, lotion, & sunscreen
- Rub on skin via carrier oil

### Internally
- Consume ONLY as directed by a certified health practitioner

### Steam or Vapor Inhalation
- Avoid adding oils to a humidifier and inhale steam or vapor directly

### Direct Inhalation
- Use a personal inhaler according to manufacturer’s directions or wait oils directly from their bottle.

## Essential Oils That Are Not Safe for Pets

### Standard Dilution Chart for Essential Oils

<table>
<thead>
<tr>
<th>Dilution</th>
<th>0.25%</th>
<th>1%</th>
<th>2%</th>
<th>3%</th>
<th>5%</th>
<th>10%</th>
<th>25%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drops of essential oil per 1 tsp (5 ml) of carrier oil</td>
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<tr>
<td>Drops of essential oil per 2 tsp (10 ml) of carrier oil</td>
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<tr>
<td>Drops of essential oil per 4 tsp (20 ml) of carrier oil</td>
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<tr>
<td>Drops of essential oil per 8 tsp (40 ml) of carrier oil</td>
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<tr>
<td>Drops of essential oil per 16 tsp (80 ml) of carrier oil</td>
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</tbody>
</table>

### Sources
- Essential Oil Directory, Robert Tisserand
- Herbals and Aromatics for Healing (Revised Edition), Christiane Northrup

## Essential Oils That Are Not Safe During Pregnancy & Labor

- Bergamot
- Cedarwood
- Carrot
- Cypress
- Frankincense
- Geranium
- Ginger
- Lavender
- Lemon
- Mandarin
- Jasmine
- Neroli
- Peppermint
- Rose
- Tea Tree
- Ylang-ylang

### Best Practices for Essential Oils

**Essential oils are very concentrated substances and should be diluted for nearly every use. Keep all essential oils out of reach of children and pets. Store essential oils in a dark, cool place for the best long-term efficacy.**

**0.25% dilution**

- Children 6 months - 6 years
- Use very sparingly under age two

**1% dilution**

- Children over age 6
- Pregnant women
- Elderly adults
- Those with sensitive skin, compromised immune systems, or other serious health issues

**5% dilution**

- Ideal for most adults and in most situations

**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 status of the age of the person, and the oils being used.

**25% dilution**

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

**Using oils neat (undiluted)**

- Use caution when using oils undiluted, as some individuals can experience irritation or sensitivity.

**Lavender**

- Can be used for short periods, such as for bug bites, burns, stings, or cramps.