



HOW TO USE ESSENTIAL OILS SAFELY CHEATSHEET

ESSENTIAL OILS THAT ARE NOT SAFE FOR CHILDREN

NOT SAFE UNDER 6

Aniseed Fennel Peppermint
 Anise, Star Galangal Ravintsara
 Birch Ho Leaf Rosemary
 Cajeput Laurel Sage
 Cardamon Marjoram, Sanna
 Chaste Tree Spanish Saro
 Cornmint Myrtle Wintergreen
 Eucalyptus Niaouli

NOT SAFE UNDER 2

Balsam Lemon Balm Rambiazana
 Benzoin Lemon Basil Saffron
 Black Seed Lemon Leaf Savory
 Cassia Lemon Verbena Tea
 Clove Lemongrass Treemoss
 Garlic May Chang Ylang-ylang
 Gingerlily Oakmoss
 Hyssop Oregano

ESSENTIAL OILS THAT ARE SAFE DURING PREGNANCY & LABOR

Bergamot Geranium Lemon Pine
 Cedarwood Ginger Mandarin Rose
 Coriander Grapefruit Marjoram Spearmint
 Cypress Helichrysum Neroli Spruce
 Fir Juniper Berry Patchouli Tangerine
 Frankincense Lavender Peppermint Tea Tree

ESSENTIAL OILS THAT ARE SAFE DURING BREASTFEEDING

Bergamot Chamomile, Grapefruit Patchouli
 Black Pepper Roman Helichrysum Pine
 Blue Tansy Coriander Juniper Berry Rose
 Cedarwood, Cypress Lavender Spearmint
 Atlas Dillweed Lemongrass Spruce
 Cedarwood, Fir Lemon Tangerine
 Virginian Frankincense Mandarin Tea Tree
 Chamomile, German Marjoram
 German Ginger Neroli

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

Aniseed Cinnamon Jasmine Peppermint**
 Anise, Star Chamomile Juniper Rosemary
 Angelica Clary Sage* Marjoram Sage
 Basil Clove Mustard Tansy
 Birch Dill Mugwort Tarragon
 Black Pepper Eucalyptus Myrrh Thyme
 Black Seed Fennel Nutmeg Wintergreen
 Camphor Feverfew Oregano Wormwood
 Carrot Seed Helichrysum Parsley Yarrow
 Cedar Hyssop Pennyroyal

*can cause contractions; good for inducing labor under supervision
 **okay during pregnancy; avoid while breastfeeding

WAYS TO USE ESSENTIAL OILS

AROMATICALLY

Place essential oils in an essential oil diffuser according to manufacturer's directions

TOPICALLY

Add to beauty products, such as lip balm, lotion, & sunscreen

Rub on skin via a carrier oil

INTERNALLY

Consume ONLY as directed by a certified health practitioner

STEAM OR VAPOR INHALATION

Add essential oils to hot water or a humidifier and inhale steam or vapor

DIRECT INHALATION

Use a personal inhaler according to manufacturer's directions or waft oils directly from their bottle.

COMMON ESSENTIAL OILS THAT ARE SAFE FOR CHILDREN

Herbs & hydrosols are preferable for children under 2

Bergamot German Chamomile Neroli
 Camphor Grapefruit Orange, Sweet
 Cedarwood, Atlas Helichrysum Orange, Blood
 Citronella Hemlock Patchouli
 Clary Sage Jasmine Absolute Rose Absolute
 Coriander Juniper Berry Sandalwood
 Cypress Lavender Spearmint
 Fir, Pine, & Spruce Lemon Tangerine
 Frankincense Mandarin Tea Tree
 Geranium Marjoram, Sweet Vanilla

ESSENTIAL OILS THAT ARE NOT SAFE FOR PETS

Avoid these essential oils with all animals except under professional supervision. Never use essential oils neat (undiluted) with pets - consider using hydrosols with small animals instead.

Anise Garlic Pennyroyal Tea Tree Oil
 Birch Goosefoot Peppermint Terebinth
 Bitter Almond Horseradish Pine Thuja
 Boldo Hyssop Rue Thyme
 Calamus Juniper Santolina Wintergreen
 Camphor Mugwort Sassafras Wormwood
 Cassia Mustard Savory Yarrow
 Clove Oregano Tansy Ylang-ylang

ESSENTIAL OILS TO AVOID COMPLETELY

Bitter Almond Mustard
 Boldo Pine (Huon)
 Cade Sassafras
 (unrectified) Savin
 Camphor Snakeroot
 (Brown) Tea Tree
 Fig Leaf (Black)
 Horseradish Wormseed

PHOTOTOXIC ESSENTIAL OILS

DO NOT EXPOSE YOUR SKIN TO THE SUN AFTER USING THESE OILS

Bergamot Verbena
 Cumin Lime (if cold pressed)
 Dill Orange, Bitter
 Grapefruit Orange, Sweet
 (distilled)
 Lemon (if cold pressed) Rue
 Lemon

SOURCES

Essential Oil Safety, Robert Tisserand
 National Association for Holistic Aromatherapy
 Aromahead Institute
 Mountain Rose Herbs

The Truth About Essential Oil Safety, Lea Harris
 The East-West School for Herbal & Aromatic Studies
Holistic Aromatherapy for Animals, Kristen Leigh Bell

PREPARED BY KRESHA FABER

NourishingJoy.com & NaturallySavvyMom.com

Disclaimer: I am not a certified aromatherapist or health professional. I'm a mom on a mission to help create healthy families and equip those who want to live thoughtful, intentional lives. This printable infographic concisely replaces my overbulging binders of notes to provide information at-a-glance and is not to be construed as medical advice, but as a starting point for your own research into how to use essential oils wisely and well in your own home.

STANDARD DILUTION CHART FOR ESSENTIAL OILS

FOR HEALING SALVES, MASSAGE OILS, AND OTHER TOPICAL APPLICATIONS

Dilution	0.25%	1%	2%	3%	5%	10%	25%
drops of essential oil per 1 tsp (5 mL) of carrier oil	---	1	2	3	5	10	25
drops of essential oil per 2 tsp (10 mL) of carrier oil	---	2	4	6	10	20	50
drops of essential oil per 3 tsp (15 mL) of carrier oil	---	3	6	9	15	30	75
drops of essential oil per 4 tsp (20 mL) of carrier oil	1	4	8	12	20	40	100
drops of essential oil per 5 tsp (25 mL) of carrier oil	---	5	10	15	25	50	125
drops of essential oil per 6 tsp (30 mL) of carrier oil	---	6	12	18	30	60	150
drops of essential oil per 1/2 cup (125 mL) of carrier oil	6	24	48	72	120	250	625
drops of essential oil per 1 cup (250 mL) of carrier oil	12	49	99	150	250	500	1250
	1 fluid ounce (US) = 6 teaspoons 29.5 mL = 1 fluid ounce (US)			20 drops = 1 milliliter (mL) 60 drops = 1 teaspoon (tsp)			

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
Dilution may be increased 0.5% for short periods
- 1% dilution** Children over age 6
Pregnant women
Elderly adults
Those with sensitive skin, compromised immune systems, or other serious health issues
For massaging over a large area of the body
- 2% dilution** Ideal for most adults and in most situations, including daily skin care
- 3% 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.
- 25% 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. Lavendar may be used neat for short periods, such as for bug bites, burns, stings, or cramps.