

Essential Oil Precautions

Essential Oils should never be consumed orally—please refer to our other brochure. Essential Oils should never be used on the skin in their pure form (**neat**) they should always be diluted in some type of unscented medium, carrier oil or emulsion. Most of the precautionary guidelines pertain to receiving a one-hour full-body massage with Essential Oil at solution concentrations greater than 6 or 8%. Therefore using Essential Oils in 5% dilutions for your personal use on smaller *body-areas should not pose any risk. Nonetheless we suggest that you consult with a health care provider before using Essential Oils.

*Body-Areas that would benefit from Essential Oil applications include.

A massage oil solution to help alleviate:

- Common cold symptoms = chest, neck, shoulders, soles of feet
- Musculoskeletal aches and pains = shoulders, elbows, knees, feet
- Common headaches = shoulders, back of neck, temples
- Belly aches = abdomen (always massage clockwise)

Serums & Salves: Essential oils can be used to help alleviate minor skin irritations or improve skin condition. Use only gentle essential oils and maintain total essential oil additives at 2% or less.

Natural perfumes: (applied in small amounts to pulse points) can be created with essential oils but solutions should not be greater than 15% in a natural base oil such as Jojoba or Coconut Oil.

Scenting Body Care Products: Mixing 2-3 drops of a gentle Essential Oil (such as those listed on the front panel) into the palm of your hand with a dollop of lotion, shampoo or hair conditioner as a natural fragrance should not pose any risk.

Contraindications

*Always conduct a skin patch test with just one essential oil blended with a carrier oil on the inside of arm, apply 2—3 times during a 24 hour period and watch for reaction. Discontinue using Essential Oil preparations if you develop any type of allergic reaction.

*The only essential oil that can be used safely on infants and on pregnant women is Lavender, other gentle oils (such as Roman Chamomile, Neroli, Petitgrain and Rose Otto) may be used with infants after the age of 1 year or on pregnant moms during the last 4 weeks of a healthy pregnancy, however it is strongly suggested that you consult with your physician. A few drops of lavender with 1-2 drops of peppermint in a ultrasonic water diffuser may be helpful for mom's stuffy nose.

*High Blood Pressure Avoid: Rosemary, Sage, Thyme

*Taking Blood Thinners Avoid: Sweet Birch, Wintergreen

*Epilepsy Avoid: Camphor, Eucalyptus, Fennel, Peppermint, Rosemary, Sage,

*Asthma Avoid: Any scent be it natural or synthetic can cause problems with those persons who have respiratory conditions. Citrus oils, cypress, frankincense, lavender and a very low dilution of peppermint are well tolerated.

*Skin Irritants—use in minute dilutions or Avoid completely: Bay, Black

Pepper, Cinnamon Bark, Cinnamon Leaf, Clove Bud, Citronella, Lemongrass, Thyme. Hot oils such as Cinnamon, Clove & Pepper should not be used in bath preparations.

*All Varieties of Eucalyptus & Peppermint in their pure **neat** form should be avoided with children under the age of 4 years. This pertains to diffusion and application to the body or to clothing and pajamas. Eucalyptus Radiata when blended with other gentle essential oils such as lavender possesses less risk. Please ask us—we will be happy to explain further.

Citrus oils such as Bergamot, Grapefruit, Lemon, Lime, Mandarin and Orange can cause dermal sensitization due to their limonene content which oxidizes very quickly, therefore store citrus oils in a refrigerator if you don't use them up within three months. Citrus oils are best used in wash off products such as cleansers due to their de-oiling and exfoliating properties. In body care products such as lotions, serums or toners always add a little Vitamin E to prevent oxidization. When adding citrus oils to body care products maintain at 2% or less in a solution. Citrus oils can cause skin photosensitization therefore avoid sun exposure or best to use while indoors or at bedtime. *Bergamot contains bergapten which is well known dermal irritant and can cause severe photosensitization therefore it is best to use a Bergamot that is bergapten free in skin care products and natural perfumes. Regular Bergamot is fine for air diffusion.

We carry a number of unscented cosmetic bases and mediums which are free of synthetic preservatives, parabens, sodium laureth and lauryl sulphates and gluten. You can create your own naturally scented body care products by adding your own favourite essential oils. Unscented mediums also include any of the nourishing vegan oils listed on the back of this brochure:

Shampoo & Hair Conditioner

Hand & Shower Gel

Mild Foaming Face Cleanser

All Purpose Body Lotion

French Green Clay & French Pink Clay

Apricot Granules for face polish

Grapefruit Seed Extract (natural preservative)

Shea Butter, Arnica Oil, Calendula Oil

Bees Wax & Emulsifying Wax

Liquid Emulsifier

(enables the blending of essential oils in water)

We also carry

Witch Hazel (alcohol free)

Rose Hydrosol

Lemongrass Hydrosol

Essential Oil Percentage Additive Guidelines

Intention	Size of Bottle	Medium	% of EO's to add	Number Of Drops
Body Massage Oil Infant/Toddler 3 mths—4 yrs.	30 ml	Fractionated Coconut Oil	1%	6 drops
Body Massage Oil Child 4-12 years	30 ml	Fractionated Coconut Oil	2%	12 drops
Body Massage Oil Adult 13 + years	30 ml	Fractionated Coconut Oil	5%	30 drops
Concentrated Perfume Blend	10 ml	Jojoba Oil	15%	30 drops
Adult Face Oil	30 ml	Various	2%	12 drops

20 drops is approximately equivalent to 1 ml

Percentage additives should be reduced by 50% with persons who have medical conditions, and by pregnant and nursing mothers, when in doubt always consult with a health care practitioner before using Essential Oils.

What is a Hydrosol?

A Hydrosol is the left over water from the distillation of aromatic plant materials such as petals, leaves and grass. Plant hydrosols contain naturally occurring acids which are astringent, while restoring the skin's natural ph moisture balance and make for fabulous skin toners and healing compresses and facial masks.

We also carry an assortment of empty bottles and containers, including Lip Balm Tubes & Inhaler Tubes and Ultrasonic Aroma Diffusers, Healing Crystals & Precious Gem Stones

Air Diffusion

Essential oils are a fabulous alternative to use in your home to naturally scent your environment. Five to ten drops can be added to coconut oil or water and used in a candle diffuser. Water diffusers provide natural humidity to the air along while distributing the aromatic properties. Essential oils should not be diffused in children's bedrooms for longer than 1 hour at bedtime—always leave bedroom door open to all allow for cross ventilation.



If you ever get a splash of essential oil in your eye, add 2—3 drops of any unscented cooking oil such as Sunflower, Olive or Canola oil, the oil will dilute the essential oil and then you can flush the eye with cool water and then if necessary seek medical attention.