

Guidelines for the Safe Use of Young Living Essential Oils

Therapeutic-grade essential oils are strong and safe when used as directed. Below are some guidelines that will help you have an enjoyable experience using Young Living Essential Oils.

- Always test for skin sensitivity and keep a bottle of V-6 vegetable mixing oil, massage oil base or any pure vegetable oil handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation. *Essential oil in the eye also requires the addition of a gentle vegetable oil, such as V-6 or organic extra virgin olive oil, Water does not help.*
- Read the complete label before using essential oils.
- Keep bottles of essential oils tightly closed and store them in a cool location away from children. If a child swallows an essential oil, administer milk, honey or another safe, oil-soluble liquid such as soy or rice milk.
- Do not use essential oils rich in menthol (such as Peppermint) on the throat or neck area of children under 30 months (2 ½ years) of age.
- The citrus-based oils of Bergamot, Grapefruit, Lemon, Orange and Tangerine as well as oil blends with a heavy citrus concentration such as White Angelica and Purification should not be used on areas of the skin that will be exposed to the sun or UV rays within 72 hours. They may cause an increased reaction to the sun.
- Keep essential oils away from the eyes and out of your ears. Do not handle contact lenses or rub your eyes with essential oils on your fingers. If the oils should get into your eyes, soothe with a drop of vegetable oil, not water.
- Oils with a high phenol content – Oregano, Helichrysum, Cinnamon, Thyme, Clove, Lemongrass, Bergamot, Thieves, and ImmuPower –may damage contact lenses and irritate eyes. Be sure to wash your hands thoroughly before handling contacts. Keep vegetable oil handy in case these oils irritate skin.
- Epileptics and those with high blood pressure should consult their health care professional before using some essential oils. Avoid Hyssop, Fennel and Idaho Tansy oils.
- Before taking GRAS (Generally Regarded as Safe by the FDA) essential oils internally, always dilute with an oil soluble liquid like honey, olive oil or soy milk.
- Do not add undiluted essential oils directly to bath water. Use Bath Gel Base as a dispersing agent for oils in the bath.
- Pregnant women should consult their health care professional before using essential oils containing constituents with hormone-like activity, such as Clary Sage, Sage, Idaho Tansy, Juniper and Fennel.

For More Information, contact Young Living Independent Distributor:

Evelyn Vincent
Independent Distributor #476766

Aromatherapy - First Aid - Green Living - Supplements - Diffusing

email: TheVeryEssence@mac.com
Website: <http://TheVeryEssence.com>
Essential Oil Blog: <http://TheVeryEssenceBlog.com>