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Properly



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Diluted. As a general rule for adults, essential oils should be diluted in a carrier oil such as coconut oil or jojoba oil in a 2-3% solution. For children above six, a 1% dilution is sufficient. For

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one teaspoon of  
carrier oil,  
that's 2-3 drops  
for adults and 1  
drop for  
children.

The PRINTABLE  
Guide on How to  
Use Essential  
Oils Safely  
Essential Oil  
Safety Guide.  
Essential oils

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can be  
incredibly  
beneficial for  
supporting our  
physical,  
emotional and  
spiritual well-  
being when used  
with  
sensitivity,  
knowledge and  
care. Essential  
oils are very  
highly

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concentrated,  
and they must be  
treated with  
respect. We  
shouldn't be  
afraid to use  
essential oils,  
but it's  
important to  
learn about and  
heed essential  
oil safety  
guidelines so  
they can be used

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safely and  
effectively.

Essential Oil  
Safety Guide |  
AromaWeb  
General Safety  
Rules Keep out  
of reach of  
children and  
pets. Children  
should learn to  
respect these as  
they would

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any... Keep all oil bottles tightly closed, cool, and away from direct sunlight. Do not place essential oils directly in the eyes, ears, or nose. Choose a high quality essential oil.

...

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A Guide to  
Essential Oil  
Safety - the herb  
alacademy.com  
Essential Oils  
Guide: Safety  
Dosage. Like  
anything else  
that you use for  
promoting health  
and wellness, ...  
Application.  
When it comes to  
applying

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essential oils,  
there are three  
basic  
application...

Dilution. When  
applying  
essential oils  
topically, not  
only is it  
important to  
follow...

Storage. ...

Essential Oils



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Guide: Safety |  
d?TERRA

Essential Oils  
Final Thoughts  
on this

Essential Oil  
Safety Guide.

When using an  
essential oil  
for the first  
time, always do  
a small patch  
test. Just  
dilute a drop or

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two with some carrier oil, and dab it on the inside of your wrist. If nothing happens in 24 hours, then you don't have any adverse reactions toward it.

Essential Oil  
Safety Guide —

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What You Should  
and Shouldn't Do  
unless  
determined  
otherwise  
through a skin  
test, the only  
safe place to  
apply essential  
oil topically to  
children is on  
the soles of the  
feet. Because of  
their smaller

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physical size  
and more  
sensitive skin,  
the amounts of  
essential oil  
used on children  
should be  
reduced to at  
least one-third  
the amount used  
on adults.

Essential Oil  
Safety Guide -

*Page 20/42*

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The book is titled "Essential Oil Safety", not "Essential Oil: Applications and Uses". In the introduction, however, the book does cite research papers that have reviewed the pha

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Pharmacological  
therapeutic  
potential of  
essential oils.

So if a reader  
is interested in  
the medicinal  
uses of  
essential oils  
they may read  
those papers.

Essential Oil  
Safety: A Guide

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for Health Care  
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Cedarwood, lavender, and chamomile may all be great essential oils to use if skin irritations and allergies plague your pet.

Lavender, in particular, may help calm and

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relax the nervous system and reduce inflammation to help give your pet natural allergy relief. It may even help reduce itching and mild skin irritations.

The Best & Worst  
Essential Oils

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Safety A Guide  
to Use Around  
Pets | GuruNanda  
Essential Oil  
Safety.

Essential oils  
are highly  
concentrated,  
and they can be  
harmful if not  
used carefully.  
Implementing  
aromatherapy  
into your  
lifestyle

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shouldn't cause  
paranoia or  
undue worry, but  
it is important  
to learn about  
and heed  
essential oil  
safety. By  
treating  
essential oils  
with respect and  
learning about  
essential oil  
safety, you will

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be well on your  
way to safely  
enjoying the  
many benefits  
that essential  
oils can offer.

Essential Oil  
Safety |  
AromaWeb  
A Comprehensive  
Resource for  
Essential Oil  
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Professional,  
Practitioner,  
and Industry  
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Reference. The  
Only Reference  
of its Kind and  
a Must-Have  
Guide for any  
Health  
Professional, or  
Health Product  
Manufacturer.  
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best book on  
essential oils  
you can buy.

Essential Oil  
Safety - New  
Edition by  
Robert Tisserand

...

It is the only  
comprehensive  
text on the

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safety of essential oils, the first review of essential oil/drug interactions, and it provides detailed essential oil constituent data not found in any other text. Much of the existing text has been re-

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written, and 80%  
of the text is  
completely new.

Essential Oil  
Safety |  
ScienceDirect  
The book is  
titled  
"Essential Oil  
Safety", not  
"Essential Oil:  
Applications and  
Uses". In the

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introduction,  
however, the  
book does cite  
research papers  
that have  
reviewed the pha  
rmaco-  
therapeutic  
potential of  
essential oils.  
So if a reader  
is interested in  
the medicinal  
uses of



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essential oils  
they may read  
those papers.

Essential Oil  
Safety - E-Book:  
A Guide for  
Health Care ...  
Essential Oil  
Safety  
Guidelines Avoid  
applying oils to  
sensitive areas  
like the nose,

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ears, eyes, or  
broken skin.  
Avoid using "hot  
oils" on the  
face.\* Always  
read labels and  
package  
instructions  
before using an  
essential oil  
for the first  
time.

How to Use

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Applying essential oil to the skin is one of the smartest uses for essential oils, but only if you do it right. Because these oils are fat soluble, your

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skin can absorb  
them and their  
beneficial  
properties.

Essential Oils  
Guide (THE  
ULTIMATE LIST OF  
BENEFITS, USES

...

Essential oil  
diffusers are  
used to vaporize  
oils, releasing

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small amounts  
into the air.

The same safety  
concerns  
regarding  
inhaling  
essential oils  
also apply to  
using oils in a  
diffuser.

Overall  
inhalation is  
considered a  
very safe method

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Safety: A Guide  
of using oils  
that poses a low  
level of risk.

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Safety (and Are  
Essential Oil  
Diffusers Safe

...

-To preserve the  
full benefit of  
the Vitality  
essential oil  
and avoid

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changing their  
flavor, it is  
suggested to  
lower your  
stovetop  
temperature,  
blend the  
essential oils  
with extra  
virgin olive  
oils, or add the  
oils when the  
dish has been  
removed from the

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heat or flame.

Safety Guide |  
Essential Oil &  
Aromatherapy  
General Safety  
Guidelines

Essential oils  
can be safely  
used to enhance  
wellbeing and as  
part of a  
healthy



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lifestyle. They are used by millions of people every day, most of them without incident.

However, essential oils are powerful substances and can be harmful if not used with due care and

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diligence.

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