

SAFETY TIPS WITH ESSENTIAL OILS!

It's imperative to understand the safety tips before starting to use essential oils!



Essential oils are pure, plant-based extracted liquids that hold special powers. They are generally known to be safe BUT there are safety precautions to understand.

This is not a definitive list, but I cover the biggest issues. Understand that while essential oils are beneficial and natural, there are some cautions.

It is very hard to overdose on essential oils when using them topically or by inhaling, and most essential oils do not cause side effects like some traditional medicines can. However, we have listed key safety points for you here:

1. CHILDREN: If you have young children, PLEASE keep essential oils in a locked cabinet or away from easy access. Young children can be fascinated with the look

and smell of essential oils. If accidental ingestion occurs, contact poison control immediately.

2. EYES: Keep essential oils away from your eyes! If you get essential oils in your eyes, irrigate with a sterile saline solution or a vegetable oil for 15 minutes. Immediately consult a physician if pain persists after the eye wash.

3. DILUTE FOR SKIN: A good rule of thumb is to never use a pure single essential oil undiluted directly on skin, also called using it “neat”. (Single oils are diffused in a diffuser, inhaled from the bottle or another device, or mixed with a carrier oil to be used topically. A) Exceptions can be made for Lavender, Rose Geranium, Frankincense and perhaps a few more but only after a patch test on your skin.

4. PATCH TEST: I like to recommend a small skin patch test prior to every first-time use of an essential oil or essential oil blend, to be safe (especially if you have sensitive skin or health issues.) If any reaction occurs, use plentiful soap and water (or milk!) on the patch area and rinse well. (Reactions are not common.)

5. FLAMMABLE: Essential oils are highly flammable; use extreme care around fire.

6. INGESTION ISSUES: In general, essential oils are NOT ingested. Some oils can be toxic if ingested even in small amounts. They should only be taken internally under the supervision of a licensed medical practitioner. Keep in mind, the use of essential oils is called AROMAtherapy.

The highest and best use, plus fastest and most effective is by inhalation, with the immediate interaction in the brain & control center of your body.

Some essential oils are good for topical use (diluted in a carrier oil) such as for burns, cuts, headaches, indigestion, inflammation...When or if ingested, essential oils will be broken down by your digestive juices, liver and kidney and may not even be used by the body for its intended purpose – but certain oils could cause serious harm, from internal burns to poisoning.

Essential oils are HIGHLY CONCENTRATED and can burn mucosa or interact in the body (remember #3 and #4 regarding your skin on the list above). So stick with a

certified aromatherapist if ingestion is considered for an ailment. Don't experiment.

7. LOWER DOSES: Babies, pets and the elderly (especially those weaker in health) require lower doses of essential oils, half that recommended for a healthy adult. In fact, take caution with very young babies; take care with certain essential oils under the age of 5 like Eucalyptus, Oregano or Peppermint, and only specific essential oils are recommended for pets (see below.)

8. ASTHMA & EPILEPSY PATIENTS: Asthma and epilepsy patients should avoid Fennel, Hyssop and Rosemary – and in our opinion, asthma sufferers should proceed with caution in general when introducing new essential oils into their environment or body. Some could be helpful indeed, but asthma sufferers could be more sensitive and susceptible. Refer to your certified aromatherapist or doctor.

9. CANCER PATIENTS: Cancer patients may use mild dilutions of Bergamot, Chamomile, Lavender, Ginger and/or Frankincense (check with your doctor, aromatherapist or holistic doctor); for nausea, Peppermint may be considered. Note that Fennel and Aniseed in particular should be avoided. Just before and while undergoing chemotherapy essential oils should be avoided unless prescribed by a licensed or certified practitioner (as it could impede chemo action.) It is more common to use them after chemo for something like nausea or calmness.

10. HIGH BLOOD PRESSURE? High blood pressure patients should avoid Black Pepper, Clove, Hyssop, Peppermint, Rosemary, Sage and Thyme Essential Oils.

11. LOW BLOOD PRESSURE? Low blood pressure patients should avoid excessive use of Lavender.

12. KIDNEY PROBLEMS? Sufferers of kidney problems should be cautious if they use Juniper, Sandalwood, or Coriander.

13. DAILY ASPIRIN USERS: Methyl salicylate is the active ingredient in aspirin as well as Sweet Birch and Wintergreen Essential Oils. If you use aspirin for medicinal purposes you should avoid these two essential oils due to the risk of overdose.

14. BLOOD THINNING MEDS: Clove, Thyme and Oregano Essential Oils (and any excessive use of Turmeric) should be avoided by people taking anticoagulant medication, with clotting or bleeding disorders, major surgery, childbirth, peptic ulcer or hemophilia. These essential oils “thin” the blood and could cause excessive bleeding.

15. PHOTO-TOXIC (SUN INTERACTION): Angelica, Bergamot and ALL of the Citrus Oils (i.e. Lemon, Orange, Grapefruit, Tangerine, Lime, etc.) are photo-toxic. Do not use these oils in skincare blends topically (mixed into shea butter, lotions, serums) if going into the sun or using a tanning bed. Inhaling or diffusing is no problem for use while being in the sun.

16. PREGNANT? Pregnant women should avoid essential oils before the 18th week of pregnancy, especially in cases of prior miscarriage. In the second trimester, essential oils may possibly be used in low doses ONLY if formulated by a professional aromatherapist or health care provider. In our opinion, to be safe, wait until the third trimester or consult a doctor or certified aromatherapist – or wait until the baby is born.

SPECIAL WARNING FOR CAT & DOG OWNERS

Some essential oils can be toxic for cats, and a few for dogs. Kitties have a very acute sense of smell, and they absorb essential oils fast due to a thin skin layer. Unfortunately, they cannot metabolize certain compounds in certain essential oils and so the oils could build up in the system. (Cats are especially susceptible to phenols and ketones.)

We do not recommend using essential oils directly or diluted on your cat. If you are diffusing, be sure to have an open space and a way for the cat to leave the room and get away from diffusing essential oils if they need to.

Dogs are able to tolerate many essential oils but in small diffusions and if applying, NEVER apply to the nose, ears, anus, genitals or use for ingestion. Always double-check with your vet, aromatherapist or online, and always follow your dog's lead. Let them sniff the scent lightly from your hand or bottle, and see how they react.

Here are specifics courtesy of Annares Natural Health:

A List of Some Essential Oils that are Known to be Toxic to Cats:

- Peppermint
- Oregano
- Clove
- Lemon, Orange, Bergamot and all citrus oils
- Melaleuca (tea tree oil)
- Cinnamon (and cassia)
- Wintergreen
- Thyme
- Birch
- Pine
- Spruce
- Any other oils containing phenols

Examples of oils containing Phenols – Wintergreen, Anise, Birch, Clove, Basil, Tarragon, Fennel, Oregano, Thyme, Mountain Savory, Peppermint, Tea Tree, Calamus, Cinnamon Bark, Citronella, Marjoram, Nutmeg, Eucalyptus, Parsley, Ylang Ylang. These all contain greater than 8% phenols.

Some Essential Oils Considered Generally SAFE Around Cats:

- Clary Sage Essential Oil
- Elemi Essential Oil
- Frankincense Essential Oil
- Geranium (Rose Geranium) Essential Oil
- Helichrysum Essential Oil
- Balsam Fir Essential Oil
- Lavender Essential Oil
- Roman Chamomile Essential Oil
- Rosemary Essential Oil

Please refer to a knowledgeable vet or certified aromatherapist when using essential oils around or for your pets. There are several good books specializing in this on Amazon – we are currently writing one!

Kathy Heshelow, founder of SUBLIME NATURALS, ONE-A-MONTH ESSENTIAL OILS CLUB, ZEN BOX www.SublimeNaturals.com

Books on Amazon by the Sublime Naturals founder, Kathy Heshelow:
<https://www.amazon.com/Kathy-Heshelow/e/B00J5VRTCW/>

SEE DOSAGES & DILUTIONS ON THE NEXT PAGE

DILUTION GUIDE

ESSENTIAL OILS

SUBLIME BEAUTY NATURALS AND ZEN BOX



1% DILUTION

5-6 drops of essential oil in 1 ounce of carrier oil

FOR CHILDREN,
PREGNANT WOMAN,
Those with
COMPROMISED
IMMUNE SYSTEM, Use
on FACE,

2% DILUTION

10-12 drops of essential oil in 1 ounce carrier oil

FOR MASSAGE OIL,
DAILY USE BY
HEALTHY ADULTS

3-10% DILUTION

3%= 15-18 drops of essential oil in 1 oz carrier oil
10%=50-60 drops.

FOR SHORT-TERM
SITUATIONAL USE
Like Chest
Congestion, injury of
muscles, sprains

"NEAT"USE

Undiluted with Carrier Oil. Some Oils can be used in small areas for acute situations

SHORT-TERM LOCAL
INJURY, SMALL
AREAS Like Cuts,
Burns, Bug Bites.
Lavender and Tea
Tree are 2 often used.