



Safety & Contraindications?

What are Contraindications

I am not a licenced Dr. or physician. I do not diagnose, treat or make claims. Essential oils are potent natural substances and must be used responsibly. They are not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified professional before using essential oils for health purposes.

A **contraindication** is a warning that a specific treatment, technique, or substance should not be used because it may be harmful in a particular situation. In medical terms, a contraindication is any symptom, condition or factor that makes a treatment inadvisable due to potential risks.

These are warning signs to pay attention. Do your research. You and only you are responsible for the choices to do or not to do when it comes to paying attention to these warnings or contraindications. Proceed with caution. Not all natural products are safe for all applications. Know your body, its sensitivities, its strengths. Listen to your gut feeling, your intuition. If something is questionable stop, proceed with caution and investigate reputable sources. Share and consult with your Dr. or Health Professional before making a final decision.

There are two types contraindications.

Absolute Contraindications

These are non negotiable. Under no circumstances should the treatment be used because the risks clearly outweigh any benefits.

Example: Pregnancy is often considered a high-risk situation for certain procedures, applications or medications because of potential harm to both the mother and baby. Essential Oils are included in this category.

Relative Contraindications

These require caution. The treatment isn't strictly prohibited, but the risks and benefits must be carefully weighed. Some combinations or situations may only be safe under close supervision. Always consult with your Dr. or Care Taker. Treat your essential oils as you would any pharmaceutical, keep out of reach of children & pets. Keep in a cool dark place out of direct sunlight or extreme heat.

Essential Oil Contraindications

The following information shares some of the essential oils to avoid or use with caution when it comes to ailments one maybe experiencing.

High Blood Pressure (Hypertension)

Individuals with high blood pressure should **use caution** with very stimulating essential oils. Some oils have hypertensive effects (they can raise blood pressure) and should be avoided.

Avoid:

- Rosemary
- Red Thyme
- Sage

Skin Irritation & Sensitivity

Some essential oils can irritate the skin, especially if you have sensitive skin or are prone to breakouts.

Use sparingly or avoid: always proceed with caution. More is not better.

- Basil
- Lemon
- Lemongrass
- Lemon Verbena
- Melissa
- Peppermint

- Thyme
- Tea Tree (Melaleuca)
- Cinnamon & Cinnamon Leaf
- Clove
- Fennel
- Siberian Fir

Important Notes:

- These oils are **NOT recommended for use in baths – water intensifies** their burning effects.
- **Citrus oils should also be avoided in baths as they may cause burning.**
- Always ensure proper dilution before applying any oil to the skin. Test an area. If it irritates add more carrier to the formula. Never use essential oils neat, meaning full concentration. Always use a carrier. Prevents damage to the skin or derma. A carrier activates the performance of the essential oil.
- If you are prone to allergic reactions, it's best to avoid these oils altogether.

Photosensitivity

Certain essential oils make your skin highly sensitive to sunlight or UV rays. Sun exposure after using these oils can cause severe burns or marks – even days later.

Common photosensitive oils include:

- Angelica
- Bergamot (extremely photosensitive!)
- Cumin
- Lemon
- Lime
- Orange
- Verbena

Safety Tip: Avoid direct sunlight or tanning beds for **12–24 hours** after applying these oils. DO NOT use them in a sunburn prevention formula or after too much sun exposure.

Use with Children, Elderly & Frail Adults

Essential oils must always be used in **highly diluted** forms for children, elderly individuals, or anyone with fragile health.

A guiding principle to remember:

“A little is good—more is NOT better.”

Misusing or overusing essential oils can be harmful. Some oils, when used continuously for weeks, may have adverse affect on the body.

Recommended practice:

- Avoid daily use of the same oil or blend for more than **four weeks**, especially when contraindications are present.
- Take a **two-week break**, then resume.
- Always listen to your body. Remember: to much of a good thing – no longer is a good thing!

General Safety Precautions

Cancer or Serious Illness

Do not use essential oils on cancer patients or critically ill individuals unless under medical supervision.

Neat Oils

Never apply essential oils undiluted (neat) on the skin. Always dilute with a carrier oil, unscented lotion or aloe vera. Reminder: adding a carrier oil is not 'dilution' it's activation.

If an Oil Burns the Skin

Do **NOT** rinse with water. Apply a carrier oil (or any cooking oil such as olive oil) immediately to neutralize the burning effect.

Do Not Ingest

Essential oils should never be ingested or placed in any body orifice: mouth, ears, eyes, nostrils, vagina, penis or anus. External use ONLY.

Do Not Self-Diagnose or Treat

If you are not a licensed professional, do not attempt to diagnose or treat medical conditions using essential oils. Play it safe and be smart when it comes to taking care of your body. Resouse reputable sources. Don't believe everything you hear or read. There are many reputable sources.

The Bottom Line

Essential oils are potent allies for wellness, emotional balance or meditation. However, don't abuse them and be sure to apply and use them with caution and care. Always check for contraindications before sharing oils with clients, customers, friends or family. They will treat you well when you treat yourself well.