Essential Oil Basics for Humans

## Essential Oil Basics for Humans:

Essential oils are potent and should never be applied directly to the skin without dilution. To ensure your safety and avoid potential issues like allergic reactions or skin sensitivities, always dilute essential oils in a carrier substance such as oil, body butter, cream, or balm.

For adults, a recommended dilution ratio is 2 – 3%. Refer to the chart below for specific dilution ratios and suggested applications.

*Always test for allergic reactions before using any essential oils in your environment or on your skin.*

To test, dilute a small amount of the essential oil and apply it to the inside of your elbow. Wait 24 to 48 hours to observe any potential adverse reactions.

Certain precautions should be taken into consideration:

**Infants and Children:** It is not advisable to use essential oils on infants and children under two years old, nor should aromatherapy be used in their vicinity. This can lead to severe reactions and even pose life-threatening risks. Always consult a pediatrician or physician before using essential oils with children.

**Immunocompromised Individuals:** People with compromised immune systems, respiratory problems, allergies, or asthma should avoid aromatherapy. If you are taking medications, consult a physician or pharmacist to rule out potential interactions with essential oils.

**Skin Conditions:** If you have skin conditions like psoriasis or eczema, consult a physician before using essential oils as they may exacerbate the condition.

**Hypertension, High Blood Pressure, and Epilepsy:** Individuals with these medical conditions should seek medical advice before using essential oils.

**Pregnancy and Nursing:** Aromatherapy is not recommended for pregnant or nursing individuals due to potential risks. Always exercise caution during this period.

**Nut Allergies:** Be cautious of carrier oil and essential oil choices if you have nut allergies.

**Citrus-based Oils:** Citrus oils can increase skin sensitivity to UV light, increasing the risk of sunburn. Take precautions when using them in skincare.

**Allergic Reactions:** If you develop allergies after using aromatherapy or essential oils, cease usage, avoid the product, and consult a physician or seek immediate medical attention.

**Ingestion:** Never ingest essential oils or use them in cooking or baking, as they can cause severe kidney and liver damage.

Prioritize your well-being by adhering to these essential oil safety guidelines. Always consult with a physician if you have any concerns or questions about the use of aromatherapy or essential oils before incorporating them into your routine. Your safety is paramount.