



## Essential Oil Safety Precautions for People and Pets

Essential Oils are 50 - 100 times more potent than the plant or extract and, like therapeutic drugs, extreme caution should always be used.

- Dermal / Skin Safety (See #1)
- Eye Safety (See #1)
- General Safety (See #1)
- Pregnancy Safety (See #1 and #2)
- Pet Safety (See #3)

### 1) The website of the National Association for Holistic Aromatherapy safety page:

<https://naha.org/explore-aromatherapy/safety/>

### 2) International Federation of Professional Aromatherapists pregnancy pdf:

<https://naha.org/assets/uploads/PregnancyGuidelines-Oct11.pdf>

### 3) The National Association for Holistic Aromatherapy pet pdf:

[https://naha.org/assets/uploads/Animal\\_Aromatherapy\\_Safety\\_NAHA.pdf](https://naha.org/assets/uploads/Animal_Aromatherapy_Safety_NAHA.pdf)

Some oils are not to be used on infants or during pregnancy or on animals (see the links above).

For infant and child safety, refer to Essanté Organics' *Safe Essential Oils for Infants, Babies and Children*.

Keep all oils out of eyes, ears and mouth unless prescribed by your Doctor and Aromatherapist.

Always test for skin sensitivity prior to widespread use.

Always apply one diluted oil at a time to the sole of the foot, the safest area to apply.

Excessive use of any oil can lead to skin sensitization.

Not all oils are created equal. Use only certified organic or wildcrafted essential oils.

Never ingest essential oils, see Essanté Organics' *Essential Oils FDA Approved for Internal Consumption*.

Some essential oils may interact with medication.

Only use essential oils recommended by your doctor and aromatherapist.