

# Using Essential Oils Safely

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# Using Essential Oils

- I'm new to essential oils. How are they used?
  - Each bottle of Young Living essential oil is labeled with directions for how that oil can be used, and these directions vary based on location.
  - Please consult with the product label for appropriate use directions.

# Carrier Oils

- I see the term “carrier oil” used in several places. What is a carrier oil, what does it do, and why should I use it?
  - A vegetable oil such as coconut oil or grapeseed oil that can be used to dilute EO
  - YL V-6 Vegetable Oil Complex is an excellent carrier oil for all applications

# Carrier Oils

- I see the term “carrier oil” used in several places. What is a carrier oil, what does it do, and why should I use it?
  - Carrier oils ensure that EOs applied topically are comfortable, and prevents waste due to excessive application
  - Vegetable shortening, butter, margarine or petroleum derivatives (petrolatum jelly) should not be used

# Hot Oils

- What is a hot oil?
  - “Hot oils” are oils that, when applied to the skin, can cause a hot or burning sensation.
  - Examples of “hot” oils include cinnamon, clove, lemongrass, peppermint, oregano, thyme, Exodus II, and Thieves
  - YL recommends using a patch test procedure prior to first use

# Patch Test

- Apply 1-2 drops of EO to a the forearm.
- Observe for 1-2 hours
- Usually reactions occur within 5-10 minutes.
- If you experience a hot or burning sensation or if you develop a rash, add V-6 carrier oil to the affected area as often as needed



# Adverse Reactions

- What if I experience skin discomfort or irritation?
  - If discomfort or irritation occurs, stop using the EO, and apply V-6 or other carrier oil to the affected area
  - Before using the EO again, perform a patch test and dilute with carrier oil

# Adverse Reactions

- What if I experience skin discomfort or irritation
  - Never use water to flush the oil off the skin, as this may increase discomfort. If EO gets in your eye, flush with V-6 carrier oil to alleviate discomfort. If discomfort does not subside within 5 minutes, seek medical attention



# Adverse Reactions

- If a rash occurs this may be a sign of detoxification; drink adequate water to encourage the release and removal of body toxins
- Toxins present in petrochemical based soaps and skin care products, detergents and perfumes may trigger some of the detoxification reactions. Consider discontinuation of these agents if a reaction occurs

# Where to Apply

- Can essential oils be applied to sensitive areas?
  - Avoid contact with sensitive areas such as eyes, ears, genitals and mucous membranes.
  - If you choose to use the oil in any sensitive area, dilute 1 drop of the essential oil to 5-10 drops of V-6 carrier oil

# Frequency of Use

- How often can essential oils be applied? How much do I use?
  - Proper usage is indicated on each EO label. Please follow instructions
  - Essential oils are potent– start low and go slow. In most cases 1-2 drops are adequate; using more may waste product
  - Excessive use of essential oils may increase the risk for adverse reactions

# Special Populations

- Can essential oils be used during pregnancy or while nursing?
  - It is strongly recommended that, prior to use of essential oils, you seek the advice and recommendation of a competent, trained health care advisor who is experienced in EO usage
  - It is generally recommended to avoid overuse and excessive use of Clary Sage, Sage, Idaho Tansy, Hyssop, Fennel, and Wintergreen as well as the blends and supplements that contain these oils

# Special Populations

- Can essential oils be used on children?
  - Many EOs are appropriate for use with children, and they should be diluted prior to use
  - Some YL products are pre-diluted with carrier oil as indicated on product label and are intended for direct application on children

# Sun Sensitivity

- How does exposure to sun affect essential oil use?
  - Some EOs, especially citrus oils, contain natural molecules that react with sunlight and cause a sensitivity reaction
  - All YL EOs and oil blends that contain these compounds are labeled with a warning to avoid sun/UV light for 12 to 48 hours after applying

# Sun Sensitivity

- How does exposure to sun affect essential oil use?
  - Dilute and apply the oil to skin that is protected from sun/UV exposure to reduce the risk of sensitivity
  - YL beauty and cosmetic products are formulated to remove sun-sensitizing agents to reduce the risk of sun sensitivity

# Medical Conditions

- What about the use of essential oils if I have a medical condition? Can essential oils interact with prescription medications?
  - If you have a disease or medical condition, or if you are using a prescription medication, it is recommended that you consult with a health advisor who has experience with EOs
  - Seek advice of a physician and pharmacist about interactions



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