

ESSENTIAL OILS SAFETY DATA



BERGAMOT

Do not ingest, external use only. Patch test at least 24 hours prior to treatment where possible. If any allergic reaction wipe excesses off with paper towel or dry cloth. Store dark, cool place, out of reach of children.

CEDARWOOD, ATLAS

AVOID DURING PREGNANCY. Do not ingest, external use only. Patch test at least 24 hours prior to treatment where possible. If any allergic reaction wipe excesses off with paper towel or dry cloth. Store dark, cool place, out of reach of children.

Any individual who has cancer, heart-related ailments, skin disorders, hormone-related ailments, epilepsy, taking prescription drugs, undergoing major surgery, or who are at a greater risk of experiencing strokes, heart attacks, or atherosclerosis MUST check with a medical professional FIRST.

CHAMOMILE

Do not use on pregnant women, can cause a miscarriage. Do not ingest, external use only. Patch test at least 24 hours prior to treatment where possible. If any allergic reaction wipe excesses off with paper towel or dry cloth. Store dark, cool place, out of reach of children.

CLARY SAGE

AVOID DURING PREGNANCY. Do not ingest, external use only. Patch test at least 24 hours prior to treatment where possible. If any allergic reaction wipe excesses off with paper towel or dry cloth. Store dark, cool place, out of reach of children.

individuals taking prescription drugs as well as those who are undergoing major surgery should seek medical advice. Do not use before or after drinking alcohol.

CYPRESS

Seek medical advice if you are pregnant, nursing mother or are being treated for a pre-existing condition

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EUCALYPTUS

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FRANKINCENSE

Do not use on pregnant women or those with blood thinning disorders.

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GERANIUM

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Pregnant women and nursing mothers should seek medical advice before use.

As should those individuals taking prescription drugs as well as those with diabetes, cancer, high blood pressure and other heart-related ailments, peptic ulcers, liver damage, bleeding disorders, skin disorders, or hormone-related ailments. Individuals that are taking prescription drugs, undergoing major surgery, or who are at a greater risk of experiencing strokes, heart attacks, or atherosclerosis

GINGER

Pregnant and nursing mothers should seek medical advice prior to any treatment. As should anyone suffering with diabetes, cancer, high blood pressure and other heart-related ailments, skin disorders, liver damage, or hormone-related ailments. Individuals that are taking prescription drugs, undergoing major surgery, or who are at a greater risk of experiencing strokes, heart attacks, or atherosclerosis. Do not use on sensitive skin.

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GRAPEFRUIT

Seek medical advice if pregnant, nursing mother or diagnosed with a pre-existing condition.

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JASMINE

AVOID IN EARLY STAGES OF PREGNANCY. Do not ingest, external use only.

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JUNIPER BERRY

DO NOT USE ON PREGNANT WOMEN or those with kidney problems (nephrotoxic effect). Nursing mothers need to seek medical advice first.

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LAVENDER

DO NOT USE IF PREGNANT as it can act as a muscle relaxant. Do not use or seek medical advice if taking prescribed medication for sleep disorders, or cough and cold remedies that induce sleep as lavender oil can make you sleepy.

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LAVENDER, SPIKE

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LEMON

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LEMONGRASS

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As should those individuals taking prescription drugs as well as those with liver or kidney disease

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Possible sensitisation and dermal irritation. Often contains traces of lemon, lemongrass and citronella

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MYRRH

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ORANGE, SWEET

Pregnant, nursing mothers and those individuals taking prescription drugs need to seek professional medical advice prior to receiving a treatment.

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PATCHOULI

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As should those individuals taking prescription drugs.

This oil should be avoided by those with eating disorders as it can cause a loss of appetite

PEPPER, BLACK

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PEPPERMINT

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PETITGRAIN

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ROSEMARY

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SANDALWOOD

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TEA TREE

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THYME

Do not use on pregnant or nursing mothers. Do not ingest, external use only.

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Anyone seeking medical intervention including high blood pressure, bleeding conditions, heart conditions, cancer, liver damage, epilepsy, and any other medical concerns should avoid the use of thyme as it is potent.

VETIVERT

Do not ingest, external use only. Patch test at least 24 hours prior to treatment where possible. If any allergic reaction wipe excesses off with paper towel or dry cloth. Store dark, cool place, out of reach of children.

YLANG-YLANG

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As should those individuals taking prescription drugs, diabetes, cancer, low blood pressure and other heart-related ailments, peptic ulcers, liver damage, bleeding disorders, skin disorders, hormone-related ailments, undergoing major surgery, or who are at a greater risk of experiencing strokes, heart attacks, or atherosclerosis.