

A Few Cautionary Notes on Using Pure Essential Oils



Avoid altogether in pregnancy and when breastfeeding:

angelica	aniseed	bay	basil
black pepper	buchu	caraway	cajuput
camphor	cedarwood	cinnamon	chamomile
cistus	clary sage	clove	cypress
fennel	geranium	hops	hyssop
jasmine	juniper	lavender	lemongrass
marjoram	melissa	myrrh	niaouli
nutmeg	oregano	palma rosa	parsley
peppermint	pennyroyal	pimento-berry	rose
rosemary	sage	savoury	spikenard
tarragon	tagetes	thyme (red & linalol)	valerian

Low blood pressure avoid: marjoram and lavender.

Blood clotting issues or blood thinning medication avoid: helichrysum

High blood pressure avoid: basil, black pepper, buchu, camphor, eucalyptus, fennel, hyssop, rosemary, tagetes and thyme.

Epilepsy avoid: black pepper, buchu, camphor, eucalyptus, fennel, hyssop, peppermint, rosemary, tagetes, thyme.

Chemotherapy avoid: lemon

Diabetes avoid: angelica

Asthma avoid: camphor and be cautious with eucalyptus and peppermint.

Young children (under 6) avoid: aniseed, anise, birch, cajuput, cardamom, eucalyptus, fennel, galangal, laurel, marjoram, myrtle, niaouli, peppermint, ravensara, rosemary, sage, wintergreen.

** For children under 6 but over 2 there are some oils that are considered safe, please consult a qualified professional practitioner for advice.*

If you have any sensitivities or allergies to a particular ingredient, don't use the highly concentrated version of it, rather substitute. Heed all warnings and instructions on the products you use ~ particularly in the case of pregnancy and breastfeeding.

Pets (any kind): Ensure that there is adequate ventilation when working with essential oils as animals are very sensitive to these highly concentrated products and their bodies cannot metabolise them.

During Pregnancy:

- Don't use essential oils neat (undiluted).
- Don't ingest essential oils.
- Don't use steam inhalation.
- 1st trimester, don't use oils topically (added to lotions or carrier oils). Diffuse only.
- 2nd and 3rd trimesters, essential oils may be used topically at half the recommended dilution strength.
- During labour, don't add essential oils to the birthing pool directly.

Considered Safe during Pregnancy and Labour: bergamot, cedarwood, coriander, cypress, fir, frankincense, geranium, ginger, grapefruit, helichrysum, juniper berry, lavender, lemon, mandarin, marjoram, neroli, patchouli, peppermint, pine, rose, spearmint, spruce, tangerine, tea tree.

While breastfeeding:

- Dilute all essential oils to half strength.

★ Please make sure all your oils are 100% genuine, pure and unadulterated.

Purchase from a reputable supplier such as:

[Tisserand](#) (UK and International)

[Rocky Mountain Oils](#) (USA and International)

[Mountain Rose Herbs](#) (USA and Canada)

[Burgess & Finch](#) (South Africa)

[Essential Oils Online](#) (UK)

[Aromaaz International](#)

[Young Living](#)

[DoTerra](#)

★ In the case of essential oils, remember less is more. They are potent concentrated plant essences!

★ For additional essential oil safety information, [Robert Tisserand's book](#) is an excellent resource.