



# *Essential Oils: Basic Guidelines*

*www.indigorunner.com*

## Storage

- DO keep a bottle of pure vegetable oil handy when using essential oils. This will help if there is skin irritation or if any essential oil gets into the eyes.
- DO keep essential oils tightly closed and in a cool location away from light. If they are stored well, then they can be kept for years.
- DO treat these oils as you would medicine. Children love oils and get very curious about them. For example, Peppermint can cause a great amount of discomfort if ingested or if it gets into the eyes.

## Usage

- Essential oils rich in menthol should NOT be used on the throat of children under 18 months of age.
- Citrus oils are photosensitive and may cause a rash or dark pigmentation if applied to skin and then exposed to UV light within 1-2 days after application. Use these with caution.
- Keep essential oil away from eyes and **NEVER** apply in ears.
- Pregnant women should consult healthcare professional before using essential oils.
- Epileptics & those with high blood pressure should also consult healthcare professional before using essential oils. Use extra care/caution when using oils with high ketones such as Basil, Rosemary, Sage, and Tansy oils.
- People with allergies should do a small patch test first.
- Bottoms of feet are a generally a safe place to apply first.
- 1-3 drops can be applied directly to bath or mixed with bath salts first.
- Direct inhalation can be deep & intensive, but don't use more than 10-15 times throughout the day.
  - Be mindful of any topical reactions. If you see a reaction discontinue use immediately.