

## Aromatherapy Safety

Below is a list of general safety guidelines that should be observed when using any of our products and especially our essential oils range.

- Keep out of reach of unattended children, pets and anyone with special needs. Always ensure the integral dropper is in place as this acts as a guard against over consumption should the product fall into the wrong hands.
- Keep products away from delicate eye areas. If an accident occurs with neat essential oil, flush the eyes with cold full fat milk or vegetable oil to dilute. If an accident occurs with diluted oil, flush with clean warm water. If stinging is still present seek immediate medical advice.
- Keep products away from plastics, polished surfaces and all naked flames or sources of ignition.
- Do not take essential oils internally unless under strict medical supervision or if in consultation with an aromatherapist qualified to this level.
- Never use an undiluted essential oil directly on the skin. Always dilute in a suitable base product. Lavender and Tea Tree can be used neat in very small amounts: 1-2 drops but not on a regular basis.
- If you are pregnant, suffer from epilepsy, high/low blood pressure or any specific conditions please seek medical advice before using any of our products. Care must also be taken with certain oils (especially citrus oils) before exposure to direct sunlight.
- When adding essential oils to bath water dilute the oil first in a small amount of full fat milk or dispersing bath oil base.
- Try to regulate the use of any essential oil as constant use over time may, in isolated cases, cause sensitisation, nausea or headaches.
- Certain oils may cause skin sensitivity or adverse reaction in some individuals. Discontinue use immediately if this occurs. If susceptible to this kind of reaction it is always best to do a patch test before use on a larger area.
- Do not use machinery or drive a motor vehicle immediately following a relaxation treatment especially after using soporific oils e.g. Clary Sage.

### **DISCLAIMER:**

The above information is provided as a guide only. Whilst every effort has been made to ensure that the above information is accurate and up to date, Aromatherapy Direct accepts no liability in respect of any omission or error in the information provided. The purchaser should always satisfy him/herself as to the ultimate suitability for an intended application. Aromatherapy Direct accepts no liability in the unlikely event of an adverse reaction occurring when using one of its products. No liability is accepted in respect of any reputed therapeutic characteristic.

### **REMEMBER:**

**IF YOU ARE UNSURE WHETHER A PRODUCT IS SUITABLE FOR USE PLEASE DO NOT USE IT – SEEK PROFESSIONAL/MEDICAL ADVICE BEFORE COMMENCEMENT.**