



Specifics by Patrina Rutherford

## Aromatherapy Precautions &/or Contraindications

- Keep bottles out of reach of children & pets.
- Do not exceed the recommended dilutions.
- Consult your physician if taking prescribed or over the counter medications.
- Apply diluted with the exception of Lavender & Tea Tree oils.
- Keep away from eyes.
- Depending on the strength of the essential oils, never use more than 8 drops in the bath.
- Perform a **skin patch test** to determine possible irritants for those with sensitive skin or allergies.

*Pregnancy.....*Consultant your physician. Avoid the use of essential oils in physical application for the 1st trimester. Carriers are generally safe if you are not allergic to them.

*Infants to 12 months.....*Consult your pediatrician.

*Alcohol Consumption.....Avoid-* Clary Sage (actually alcohol pretty much interferes with everything, so it would probably behoove you to just avoid the alcohol.)

*Asthma.....Avoid-* Steam inhalations of Eucalyptus Oil. However, use your judgment. Some asthma and allergy sufferers actually respond well to eucalyptus.

*Diabetes.....Avoid -* Eucalyptus, Lemon, Geranium

*Epilepsy.....Avoid -*Basil, Eucalyptus, Ginger, Geranium, Lemon, Lemongrass

*High Blood Pressure.....Avoid -*Black Pepper, Coriander, Eucalyptus, Ginger, Geranium, Lemon, Lemongrass, Neroli, Sweet Thyme, Rosemary

*Nut Allergies.....Avoid-* Almond or any other nut oil

*Sensitive Skin.....*Perform a Patch Test

*Wheat Allergies.....Avoid-* Wheat Germ Oil

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IdaDelDuco.com (Spanish Translation)

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## Skin Patch Test

Whenever you begin using a new product on your skin we suggest performing a skin patch test.

There are a couple different ways to do this:

1. Apply the new product to a soft skin area such as your inner elbow or behind your ears.  
Wait 24 hours to see if any irritations occurs.  
Take into consideration that a percentage of the product will be absorbed into the skin and a percentage will evaporate.
2. Apply a small amount of product to a soft skin area such as your inner elbow or behind your ear.  
Cover with a band-aid which will minimize the amount of evaporation into the air.  
Wait 24 hours to see if any irritation occurs
3. When testing essential oils on your skin they must be blended into the product at the ratio that you are going to be applying.

Since the essential oils are **over 100 times** (or more) stronger than the plant from which they are obtained, do not test them full strength on your skin because you will not be using them at full strength.

***Lavender, Tea Tree, and Roman Chamomile*** are exceptions to the full strength rule, since they can be applied neat (directly) to minor small skin conditions (such as cuts, burns, blemishes, etc).

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