



dōTERRA Essential Oil Safety Course



doTERRA
Northern Escape
Woodland
Blend
Essential Oil Blend
15 mL

Using Essential Oils Safely

People often ask, "Are essential oils safe?" The answer is if you know how to use them properly, absolutely! Centuries of practical use, as well as modern science, have demonstrated essential oils can be both safe and effective. The purpose of this course is to help you learn the basics of essential oil safety so you can use them with confidence and competence in your home. In the course, we'll cover aromatic, topical, and internal use of essential oils, along with other topics like using essential oils with children, during pregnancy, and with pets.

Before we begin—and going forward—you should remember three important things:

- 1 Essential oils are highly concentrated plant extracts, which means they're incredibly potent. They should be used reasonably and respectfully. dōTERRA® essential oils are completely pure, so a little goes a long way.
- 2 Which essential oils work best for you and how much you use depends on factors like your personal body chemistry, your health status, your experience using essential oils, and more. In most cases, it's best to start with a single drop to test how you respond to the essential oil, and then gradually increase the amount as necessary up to the recommended amounts. Whenever you begin a new health routine or regimen, carefully consider the advice of your healthcare provider and consult with him or her on what's best for your personal situation.
- 3 To remain within the parameters of safe usage, you should always follow the usage recommendations found on the bottle or packaging. Not all essential oils are the same, and heeding proper usage guidelines will help prevent overwhelming the body with incorrect essential oil levels. Be mindful of the various kinds of essential oils you turn to throughout the day and never use them beyond their recommended amounts.

Essential oils offer incredibly safe and effective natural solutions to many health and wellness needs you face daily, and they're so easy to use! This course is intended to empower you with the knowledge to fully reap the benefits of using essential oils safely in your home. And with that, let's get started!

Safely Using Essential Oils Aromatically

Using essential oils aromatically means using them for the aroma. This can be as simple as opening the bottle and smelling it! You can also put a drop on your palm and breathe in the scent from your hands. One of the most popular ways of using essential oils aromatically is by diffusing.

Diffusion

Diffusing essential oils is an easy, safe, and effective way to enjoy them. Many diffusers use water to create an essential oil vapor, while others just disperse it directly into the air. For best results and safety, diffuse smaller amounts of essential oil multiple times throughout the day. The appropriate amount of essential oil to diffuse depends on the

capacity of the diffuser you're using and the size and ventilation of the room. The number of drops should also be adjusted according to the essential oil. For example, you should use fewer drops of hot spice oils like Cinnamon Bark, Clove, and Oregano, while you can use more drops of softer floral and citrus oils.

In general, one to three drops of essential oil per 100 mL of water is a good place to start. If you're diffusing in a larger room or outdoor space, you can add more. Start with short diffusion periods of 15 to 30 minutes, increasing the time as needed according to your preferences and desired benefits. Many people find have found they enjoy diffusing all day or night!





Other Aromatic Uses

Additional ways of enjoying essential oils aromatically besides diffusion include passive diffusers and jewelry, essential oil inhalers, using a bowl of hot water, or simply straight from the bottle or your hands.

To use a passive diffuser or diffuser jewelry, add three to five drops of essential oil to the stone or material and enjoy! Passive diffusion is a much subtler experience than active diffusion, but it still offers excellent benefits. It's perfect for smaller areas like a desk, bedside table, or bathroom. If you're wearing diffuser jewelry, you can lift the jewelry to your nose to inhale more of the aroma throughout the day.

Using a bowl of hot water is a fantastic way to experience the benefits of essential oils, while also nurturing your skin and airways with the warm, gentle steam. Fill a bowl with hot—but not boiling—water. Add one to three drops of essential oil, close your eyes, and lean over the bowl, inhaling deeply through the nose and exhaling through the mouth.

Do this for three to five minutes several times in a day. To maximize the experience, cover your head and the bowl with a towel, but take care that you monitor the steam's heat. If it feels too hot, move away from the bowl, remove the towel, or take a short break.

To use an essential oil inhaler, add ten to fifteen drops to the cotton inhaler wick, place the inhaler in one nostril (closing the other nostril with a finger), and inhale deeply a few times. If you'd like to use an essential oil inhaler with your children, they should be over the age of five, and you only need to use four to eight drops of essential oil on the cotton inhaler wick.

Adverse effects from aromatic usage of essential oils are rare. Though unlikely, if you experience a reaction from using an essential oil aromatically, immediately remove either the source of diffusion or yourself from the space. If leaving the area isn't possible, increase air circulation by opening a window or air vent. If your reaction is severe and prolonged or if breathing becomes difficult, seek medical attention.



Clove
Eugenia
caryophyllata 15 mL
Essential Oil Supplement

doTERRA®
Fractionated
Coconut Oil
Cocos
nucifera Oil
1 fl. oz. / 30 mL.

doTERRA®
Oregano

doTERRA®
Cumin
Cuminum
cyminum 5 mL
Essential Oil Supplement
Supplement Facts

doTERRA®
Thyme
Thymus

doTERRA®
Lemongrass
Cymbopogon
flexuosus
Essential Oil Supplement
Supplement Facts

Safely Using Essential Oils Topically

Next, let's talk about using essential oils topically. As with any product you'd use on your skin—lotion, cream, makeup, and so on—a few precautions will allow you to take advantage of the benefits of essential oils and avoid irritation or sensitivity. You should always avoid applying essential oils to areas like the eyes, inner ears, genitals, and injured or damaged skin. Keep in mind that essential oils can linger on your fingers or hands following topical application, so to avoid inadvertently transferring some to a sensitive area, just wash your hands well with soap and water after topical application.

If you accidentally get an essential oil in, say, your eyes, apply a carrier oil (though milk can be used in a pinch) and pat dry with a paper towel. Repeat this process until you feel relief. After this, the eye should be flushed multiple times with water until irritation ceases. Seek medical attention from a trained professional to ensure no long-term damage has occurred.

Dilution

When it comes to the safe and effective topical use of essential oils, dilution is one of the most important principles to understand. Some worry that diluting an essential oil before applying it will reduce its effects; however, dilution can actually improve absorption and extend benefits.

To dilute an essential oil, you combine it with a carrier oil. Carrier oils do exactly what the name suggests—carry essential oils into the deeper layers of the skin. They do so by reducing essential oil evaporation, maintaining contact with the skin for longer. Neat application (neat meaning without dilution) of essential oils allows for significant evaporation because of their volatile nature. Plus, diluting essential oils reduces the possibility of skin sensitivity, making it safer and more effective than neat application. Some examples of carrier oils include coconut oil, jojoba oil, olive oil, avocado oil, or almond oil. You can also dilute essential oils in lotion, like the dōTERRA® Spa Hand & Body Lotion or dōTERRA Spa Replenishing Body Butter.

Generally, one drop of essential oil should be combined with three to five drops of carrier oil before topical application. This ratio can be adjusted, depending on the situation. Your body size, health status, and age should be taken into consideration. For infants, young children, the elderly, women who are pregnant or nursing, and other potentially sensitive individuals, use more carrier oil for higher dilution. It's also recommended that you consult with a healthcare professional.

While some essential oils are relatively gentle and can be applied neat if that's your preference, others are considered hot or strong—such as Cassia, Cinnamon Bark, Clove, Cumin, Lemongrass, Oregano, or Thyme—and should always be diluted before topical use. They'll also require more carrier oil than the normal ratio.

Sensitivity Test

When applying an essential oil for the first time, consider performing a sensitivity test to determine how your skin will react to the volatile organic molecules it contains. Just apply a small dab of the essential oil, mixed in carrier oil, to an inconspicuous area of the skin and wait. Check the applied area each hour for a few hours to make sure no sensitivity or irritation has occurred. People with sensitive skin, certain skin conditions (like eczema and psoriasis), or a compromised immune system (such as food or seasonal allergies and autoimmune disorders) may be more sensitive to topical application of essential oils.

Because pure essential oils are so potent, it's advisable to use small amounts throughout the day rather than a single large dose. Start low (one to two drops) and increase up to the maximum recommended amount to achieve your desired result. This application can be repeated every four to six hours, as needed. As mentioned before, every person is unique! The ideal amount of essential oil varies based on things like size, age, and overall health status.

If a reaction occurs on the skin, stop using the essential oil immediately. The irritated area can be soothed with a carrier oil like Fractionated Coconut Oil. Gently wipe the area with a soft cloth or paper towel to draw out and remove as much essential oil as possible. Alternate between adding a carrier oil and gently patting and wiping the area. The skin will need time to calm down, which may take hours, days, or even weeks, depending on the severity of your body's response, as well as amount of essential oil used. If the reaction is severe or worsens over time, seek medical attention.

Citrus Oils and Photosensitivity

Some essential oils—particularly citrus ones—may increase the skin's sensitivity to sunlight or UV light when applied topically. This can happen with essential oils that contain furanocoumarins, a special class of constituent that forms cross-links with skin cell DNA. Citrus oils include Bergamot, Grapefruit, Lemon, Lime, Tangerine, and any oil blends that contain them. This isn't an exhaustive list, so you should consult the bottle label for any sun sensitivity warnings beforehand.



This advice doesn't mean you can't use citrus oils topically—far from it! Citrus oils offer many topical benefits, but you simply need to apply them safely. That means avoiding direct sunlight or UV rays (including tanning beds) for at least 12 hours after application. One easy way to do this is by using citrus oils topically in the evening or applying them somewhere like the bottoms of your feet and covering them with socks and shoes.

Other Topical Application Tips

The benefits from using essential oils topically are vast and powerful. They're excellent for soothing the skin; reducing the appearance of blemishes, fine lines, and wrinkles; promoting a bright, healthy-looking complexion; enhancing a relaxing massage; and much more. You can even gargle or rinse with them to support your oral hygiene and freshen your breath!

Using a drop or two of essential oil with your facial cleanser, lotion, shampoo, conditioner, or other personal care products is an easy and effective way to harness topical benefits.

Adding essential oils to a bath is another wonderful way to experience them, both topically and aromatically! However, because oil and water don't mix, bathwater isn't a great carrier for your essential oils. To overcome this, simply combine your essential oils of choice with a carrier before adding them to your bath. Options include Epsom salts (or another kind of bath salts), carrier oil, and body wash.

- Add five drops of essential oil to about one ounce of bath salts.
- Dilute five drops of essential oil in five to 10 mL of Fractionated Coconut Oil.
- Add five drops of essential oil to five to 10 mL of dōTERRA® Spa Refreshing Body Wash.



Safely Using Essential Oils Internally

Next up is internal use of essential oils. It may seem strange at first, but you actually consume essential oils in daily life. When you zest a lemon, you're collecting the part of the fruit where it's richest in essential oil! Ever had a lavender dessert? Used peppermint extract? Essential oils—and the constituents that make them up—occur naturally in plants and food and are commonly added to everyday products.

Just as certain plants aren't safe for consumption, not every essential oil can be taken internally. Always check the label for directions. Additionally, many essential oils on the market are adulterated, so you should only take internally those you're confident are completely pure, like dōTERRA CPTG® essential oils.

Amounts

Let's dive into how to safely use essential oils internally. It's important to take as much precaution as you would with any other supplement or wellness product. Remember that essential oils are incredibly potent, so one drop goes a long way! Start small (one to two drops) and increase up to the

recommended amount. Though essential oils have the potential for toxicity when used incorrectly—just as vitamins, minerals, and medicinal products do—they can be used safely with precautions. The toxic amount of an essential oil always exceeds recommended amounts. You'd have to consume far beyond the suggested proportions or an excess amount of multiple separate essential oils to put yourself in the dangerous range of toxicity.

At a certain point, taking a greater amount no longer adds benefit anyway. It's better to take a smaller amount of one to five drops, which can be repeated every four to six hours, as needed. Typically, no more than 25 drops cumulatively, divided into small amounts, should be consumed in a 24-hour period, but this maximum can be lower or higher, depending on age, size, health status, desired benefits, and the essential oil in question. Remember, some essential oils aren't intended for internal usage, so read all the labels before consuming. Simple swishing or gargling of an essential oil in the mouth and spitting it out or applying of an essential oil to a specific part of the mouth such as the cheek or gums is considered topical application.



If a reaction occurs in the digestive system, immediately stop using. Signs of a digestive reaction include abdominal pain, nausea, vomiting, or diarrhea. If a large amount of essential oil was consumed, contact Poison Control. However, if only a small amount was consumed, drink plenty of fluids—preferably milk or another fat-containing drink—to minimize and soothe the upset. And if the reaction is severe or prolonged, seek medical attention.

Methods of Internal Use

The most common ways to ingest essential oils are in a veggie capsule, mixed in a fatty substance—like almond milk or honey—or with water. Premade softgels and enteric-coated capsules are also effective ways to enjoy essential oils. Enteric-coated capsules and other timed-release delivery methods ensure the essential oils are protected from the acidic environment of the stomach before being released in the intestines. Taking essential oils in a vegetable capsule, softgel, or enteric-coated capsule improves distribution and absorption of the essential oil, enhancing the efficacy and user experience.

Some essential oils like Copaiba, Lemon, Lavender, and Frankincense can be used directly on or under

the tongue. For this method, only use one or two drops at a time. An advantage of this kind of direct use is the essential oil is absorbed directly into circulation via the rich capillaries under the tongue and the oral mucosal membranes in the buccal cavity.

Hot or strong oils that require dilution—including Cassia, Cinnamon Bark, Clove, Cumin, Oregano, and Thyme—should never be placed directly on or under the tongue. These can be taken internally in a vegetable capsule or even added to food. Essential oils make excellent additions to many dishes and recipes. You can substitute an herb like basil with Basil essential oil or add a drop of a citrus or mint oil to your next dessert. When it comes to using essential oils in the kitchen, the possibilities are endless: salad dressings, marinades, drinks and smoothies, yogurts, desserts, breads and other baked goods, sauces, meats—get creative! You'll love the flare and flavors that essential oils can add to your cooking. Remember, start with just a toothpick's amount of essential oil and add more from there. This isn't the first time you've heard it in this course (and it won't be the last), but essential oils are potent! If you add too much, you can't take it out. But you can always add more of an essential oil using a toothpick again or even going bold with a whole drop.

Safely Using Essential Oils with Your Family

Using Essential Oils Safely with Children

Many parents wonder whether it's safe to use essential oils with their children. The answer is yes! However, because children are smaller and more sensitive than adults, it's important to understand that the rules of essential oils usage are different for children than they are for adults. Once you educate yourself on the safety guidelines required for using essential oils with children, it's easy to help your kids reap the benefits they have to offer. If your children have specific health conditions or concerns, consult with their healthcare provider first.

Parents can confidently use most essential oils with children safely if they keep the following in mind.

- Adjust application methods. Always use less essential oil with children than you would with an adult.
- Dilute. As children have sensitive, delicate skin and developing bodies, always dilute before

applying an essential oil to a child's skin. Start with one drop in 10 drops of a carrier oil, like Fractionated Coconut Oil. When trying a new essential oil with your child, apply it to the bottoms of his or her feet. The feet are a nonintrusive, less sensitive area, providing the perfect place to apply essential oils on young, delicate skin.

- Discuss essential oil safety with your children. It's often difficult for children to grasp how potent and powerful essential oils are. Make sure your younger children know it's not appropriate to drink essential oils or apply them without adult supervision. Remember, caps can come off and bottles can break, so keep essential oils out of reach of children. Educating your children about essential oil safety guidelines will promote safe usage within the home.

Not all essential oils are recommended to use with children.



Using Essential Oils Safely during Pregnancy

Another common question is whether essential oils are safe to use during pregnancy. Essential oils can help maintain a healthy body, support the immune system, soothe feelings of discomfort, and more.* Because of these powerful benefits, essential oils may be useful and effective in any phase of life—even pregnancy.

Your healthcare professional is your best resource when it comes to making a personal healthcare plan and can give you a good idea of what to avoid during pregnancy, as well as other safety measures you should take, based on your personal health and the health of your growing child. Together, you can determine which essential oils may be beneficial and which ones may be better to avoid. By following proper safety guidelines, you can confidently use essential oils during pregnancy. Because of the ethical issue of testing expecting mothers and fetuses, limited clinical studies address the safety of essential oils during pregnancy. However, we can rely on the history of safe usage to determine which essential oils to use during pregnancy.

When pregnant, the body goes through a wide breadth of changes. These changes often bring feelings of discomfort and sensitivity. While every pregnancy is different, the goal is the same: to support the healthy, proper function of the body. Along with proper nutrition and regular exercise, essential oils can be used during pregnancy for needed support. You can also use essential oils during labor and delivery to make it a more pleasant or positive experience.

During pregnancy, it's fairly common for a woman to be sensitive to essential oils. Diffusing is a great way to use essential oils during pregnancy because if you find that you don't like or feel sensitive to an essential oil's aroma, you can simply turn off the diffuser. For topical application, extra dilution is advisable.

Even if you've used essential oils before without incident, you should still inform your healthcare professional of any you plan to use during pregnancy. Your healthcare professional knows you and your specific health concerns, as well as the status of your pregnancy; therefore, he or she should be aware of all essential oil products you plan to make a part of your pregnancy.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





Breastfeeding

Along with concerns about essential oils and pregnancy, many people ask, "Is it safe to use essential oils while breastfeeding?" The answer is yes, but keep in mind many of the same guidelines for using essential oils during pregnancy. While the body changes significantly during pregnancy, these changes don't end with the birth of the baby. Your body continues to change as you adapt to postpartum life. You'll likely want to continue using higher dilution and watching for any sensitivity to essential oils that you notice in and on your body. Just as you should discuss using essential oils during pregnancy with your healthcare professional, you should also consult with your physician if you choose to nurse and want to use essential oils. This partnership can help you identify any products that might require more caution while breastfeeding.

Your healthcare professional is the best resource you have for advice when it comes to your body, baby, and any concerns you might have. Just as you would check with your healthcare professional before using other new products when breastfeeding, it's important to discuss your essential oil usage with him or her when you become a nursing mother.

Like pregnancy, breastfeeding places a lot of demands on a mother's body. When nursing, the goal is to maintain a strong, healthy body and assist a growing newborn. With the help of a healthcare professional, you can safely use essential oils and essential oil-infused products to support the body and your overall wellness.





Using Essential Oils Safely with Animals

While some controversy surrounds using essential oils on animals, when they're used properly, essential oils can be part of a well-rounded program to help your pets live happy, healthy lives. Just as it's important to use pure essential oils on yourself and your family, you should use products of the with your pets.

Essential oils offer numerous benefits for your pets. They can help provide calming and relaxing aromas, soothe muscles, deodorize unpleasant odors, and maintain overall wellness. As with any new product you introduce to your pet, begin slowly.

Current research on using essential oils with pets, from dogs and cats to horses, is limited. This is why consulting with your veterinarian, regardless of what you read online, is vital. Your veterinarian is a trained professional in the unique physiology of animals. He or she knows your specific pet's medical history and understands how its body works differently. In every case, your veterinarian should be your first point of contact before using any essential oil with your furry friend.

However, we do know a few things when it comes to companion animals:

- When diffusing, only use three to four drops of a single essential oil or blend in a water-based diffuser on a low setting. Be sure the diffuser is in an area where your pet can't knock it over or access it. Diffuse in an open or well-ventilated area, with the door open so your pet can leave the room if desired.
- Cats lack the enzyme glucuronidase and thus metabolize essential oils differently. Use caution with Tea Tree, Birch, Wintergreen, Spearmint, or Peppermint, as well as hot oils like Cassia, Cinnamon Bark, Oregano, Cumin, or Thyme.
- An animal's weight and size play a role. Larger animals like some dogs and horses seem to respond well to topical application in the limited studies that have been done. Use caution with pregnant, nursing, or young animals.



- If you're going to use an essential oil topically after talking with your vet, keep to a small area, dilute heavily with a carrier oil, and do so rarely. Start with a small amount of a diluted essential oil, and then observe your pet's behavior. In general, dilute the essential oil you'll be using on your pet down to 1–2% (1 to 2 drops of essential oil per 5 mL of carrier oil) before topical application. Dilute even more for animals under 10 pounds.
- Consult a qualified veterinarian if you want to use essential oils orally with your pets. Some vets recommend adding essential oils to a pet's food, but it's best to work with him or her to determine the right ones and how much to use.
- Don't use essential oils on the nose, in the ears or eyes, or around other sensitive areas of an animal.

Storing Essential Oils Safely and Other Precautions

Storing Essential Oils

Essential oils can have an incredibly long shelf life, but they must be stored properly to remain in their safest, most efficacious state. When exposed to direct heat or light and excessive oxygen in the headspace of an opened bottle, an essential oil can experience alteration or damage to its unique and delicate chemical composition.

Here are some general guidelines for properly storing your essential oils:

- Store them in a cool, dry place away from direct sunlight or heat sources. Both heat and UV rays can alter the composition of an essential oil.
- When not in use, keep lids tightly on essential oil bottles. Immediately replace caps after use.
- Consider transferring them to small dark glass containers when they're more than half used, particularly if you don't expect to use the rest in the near future. Empty headspace in a bottle will contain oxygen, making your essential oils susceptible to oxidation over time. Oxidized essential oils are more likely to cause skin irritation.
- Be sure to store them out of reach of children to prevent accidental exposure. If you believe your child has ingested Wintergreen essential oil or an oil blend containing Wintergreen, call Poison Control for instructions.





Medications

Essential oils work in harmony with the body, supporting healthy functions at the cellular and epigenetic level. Some people choose to use medications and essential oils concurrently.

While rare, certain essential oils (as well as oil blends and supplements) have the potential to interact with medications. These interactions are uncommon and infrequently observed in clinical practice. However, if you take medications, you should double check with your healthcare professional or pharmacist for possible interactions or contraindications before using essential oils at the same time.

Epilepsy

People with epilepsy or other convulsive disorders should approach certain essential oils with greater caution.

The reason for this is some essential oil constituents—1,8-Cineole (also known as eucalyptol), camphor, pinocamphone, isopinocamphone, trans-sabinyl acetate, methyl salicylate, pulegone, fenchone, and thujones—could potentially exacerbate or contribute to convulsions. Though rare, reports of people experiencing convulsions after exposure to an essential oil (inhaled, applied, or ingested) have been documented. Essential oils that commonly contain these constituents include Eucalyptus, Laurel Leaf, Rosemary, Wintergreen, Fennel, and Birch. Oil blends that contain the constituents may be safer, as mixtures of essential oils possess different properties, but they should still be approached with caution until you determine how you'll react to them.



Conclusion

Congratulations! You've reached the end of the course. You can come back to review the content as much as you'd like, but before you go, here's a quick review of some of the main principles to remember.

- Essential oils—especially if they're really pure, like doTERRA® essential oils—are potent, so a little goes a long way. Using frequent, smaller doses is safer and more effective than one larger dose.
- The essential oils that'll work best for you and how much to use depends on a variety of factors, including your personal body chemistry, your health status, your experience level using essential oils, and more. In most cases, it's best to start with a single drop to test how you respond, and then gradually increase the amount as necessary, up to the recommended dosage. Whenever you begin a new health routine or

regimen, consider the advice of your healthcare provider and consult with him or her on what's best for your personal situation.

- Not all essential oils are the same, so always follow the usage recommendations found on the bottle or packaging to avoid overwhelming your body with incorrect essential oil levels or accidentally using one improperly (for example, taking an essential oil internally that's only for topical and aromatic use).

Empowered with basic safety guidelines, you can confidently use essential oils as a natural, safe, and beneficial way to support a healthy lifestyle and care for your home and family. Knowledge is power. You now have the power to use essential oils safely and effectively to support your life and the lives of those around you.

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