

**dōTERRA**

# Essential Oil Safety Tips eBook

**for humans & our  
furry friends**





# What Should I Know Before Using Essential Oils?



**dōTERRA ESSENTIAL OILS ARE  
100% NATURAL, POTENT, EFFECTIVE  
& SAFE WHEN USED PROPERLY**

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**THERE ARE HOWEVER, SOME IMPORTANT THINGS THAT YOU DO NEED TO KNOW WHEN USING ESSENTIAL OILS.**

## **Learn These Basics:**

- How to properly use "hot" oils
- Dilution ratios for different ages and skin sensitivities.
- How to avoid photo-toxicity with Citrus Oils.
- How to effectively remove essential oils from your eyes or other sensitive body parts
- Essential Oil Safety for Our Pets

# "Hot" & Citrus Oils

For full enjoyment and safety of your Essential Oil Experiences, follow these guidelines. Everyone's skin, health and experiences are going to be different from one person to the next. Take a gradual, low and slow approach when introducing new oils and products to your skin. Gradually increase the number of drops you are using with any of the oils, to get the desired effect you are looking for.

## Safety Tip

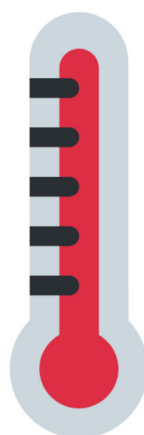
### THESE OILS SHOULD ALWAYS BE DILUTED



### THESE OILS SHOULD BE DILUTED FOR YOUNG OR SENSITIVE SKIN



## Hot Oils



Oregano (very hot)  
Cinnamon Bark (very hot)  
Cassia  
Clove  
Ginger  
Thyme  
Lemongrass  
Peppermint (sensitive skin)  
Wintergreen (sensitive skin)

These are a few of the "Hot" Oils that should be diluted with a carrier oil. This applies to blended oils with these oils in the blend. Be sure to read your labels. Click on image to learn more

## PHOTOSENSITIVE OILS

### ESSENTIAL OILS THAT MAY CAUSE PHOTOTOXIC OR PHOTOSENSITIVE REACTIONS:

#### Adaptiv

AromaTouch®  
Bergamot  
Easy Air®  
doTERRA Cheer®  
Citrus Bliss®  
Cumin  
Elevation®

doTERRA Forgive®  
Grapefruit  
InTune®  
Kumquat  
Lemon  
Lime  
doTERRA Motivate®

doTERRA On Guard®  
doTERRA Purify®  
Smart & Sassy®  
Sunny Citrus  
Tangerine  
Wild Orange  
Zendocrine®



Photosensitivity and phototoxicity apply to topical use of essential oils only and do not pose the same risks when used internally. When using a photosensitive essential oil topically, avoidance of sunlight is recommended for up to 12 hours after use.



## CITRUS OILS ARE photosensitive!

Keep the area of application out of UV rays (sun or tanning beds) for 24 hours.

\*Includes single oils & blends that contain citrus oils.



# Essential Oil Dilution Tips

Utilize the following guidelines will ensure you have a positive experience with dōTERRA Essential Oils.

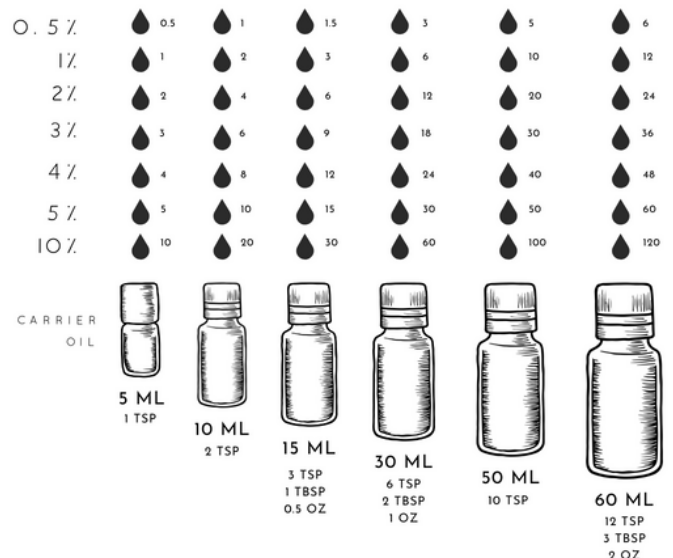
*\*A Note for Diffusing:* It really is about personal preference and the size of your diffuser as to how many drops you add. dōTERRA's oils are very potent, so really you only need a few drops to get their aromatic benefits. But many like to add more to enjoy a stronger aroma. If you have pets please do your research & consult with your Vet before diffusing.

## To Dilute or Not to Dilute?

Dilution is one of the most important aspects of effective topical application; it is also one of the most misunderstood.

When used properly, carrier oils have been shown to improve essential oil topical application through several different pathways.

## ESSENTIAL OIL dilution chart



## Dilution Guide

ALL RECOMMENDATIONS REFERENCE THE USE OF A 10 ML ROLLER BOTTLE OR 2 TSP OF CARRIER OIL.



To minimize skin sensitivity, dilute essential oils using a carrier oil like fractionated coconut oil. Always dilute an oil when using it for the first time, applying it to sensitive skin, or when using essential oils with children. When using oils with a particularly strong chemistry, you will want to dilute more.

## HOW TO REMOVE AN ESSENTIAL OIL THAT HAS GOTTEN IN THE WRONG PLACE OR IS UNCOMFORTABLE:

Do Not use water! Water doesn't work!  
Use FCO, Vegetable Oil or Milk to Remove Oil. Oils or fatty substances like milk works to wick out of eye or remove from skin if irritation has occurred!

## DILUTION GUIDE FOR A 10ML ROLLER

### Age

0-12 MONTHS  
1-5 YEARS  
6-11 YEARS  
12+ YEARS  
ELDERLY/PREGNANT

### Essential Oil

1-5 DROPS  
5-10 DROPS  
10-20 DROPS  
20-40 DROPS  
10-20 DROPS

TOP OFF WITH A CARRIER OIL SUCH AS FRACTIONATED COCONUT OIL, JOJOBA, ALMOND, GRAPESEED, AVOCADO, SESAME, ROSE HIP ETC.

REMEMBER THAT DILUTION DOES NOT MAKE YOUR OILS LESS EFFECTIVE. ALWAYS KEEP IN MIND TO START SMALL. TEST ON A PATCH OF SKIN & YOU CAN ALWAYS ADD MORE.

## Direct from the Bottle

0-1 YEAR OLD - 1 DROP IN A TABLESPOON CARRIER  
CHILD - 1-2 DROPS IN A TEASPOON CARRIER  
ADULT - 1-3 DROPS IN 3-5 DROPS CARRIER





## USING OILS SAFELY WITH DOGS

I use oils everyday with my dogs. They respond very well to both the physical and 'emotional' (behavioral) benefits of using essential oils. Here are a few tips and ideas for you and your 'best friend':

### **Topically:**

Use proper dilution for the size of your dog (see the dilution guide on page 15).

Do not use oils at the same time as any topical medications (see page 14 for more do's and don'ts).

Let your dog smell the unopened bottle and observe their behavior. Use the oil if your dog gives you a positive response.

Avoid using oil on the nose, in the ears, in the eyes or around the genitals or anus of your dog.

### **Aromatically:**

Diffuse oils in a water based diffuser and make sure your dog has a way to leave the room.

Observe your dog's behavior and get them fresh air if needed (for more diffusing tips see page 4).

### **Internally:**

Use caution when giving oils internally. Make sure the oil is appropriate for internal use.

Consider adding 1-2 drops to wet dog food or drinking water.

Do not give ANY product containing xylitol, including toothpaste or essential oil beadlets.

Be sure to read through the Do's and Don't on page 14 for more Essential Oil Safety tips!

### **Oils to avoid topically and internally with dogs:**

Birch, Tea Tree, and Wintergreen. Use caution with hot oils such as Oregano, Cassia, Cinnamon, Clove, Rosemary, and Thyme.

### **Oils to use caution with when diffusing around dogs:**

Tea Tree, Cassia, Cinnamon, Oregano, and Thyme.



# USING OILS SAFELY WITH CATS

You will hear many things from many people about cats and oils. Here's my take: Cats lack an enzyme called glucuronyl transferase. This is important for the Cytochrome p450 liver metabolism pathway. This makes cats very susceptible to ALL kinds of toxicity, including plant, NSAIDS (like aspirin or ibuprofen), Tylenol, chocolate and caffeine (methylxanthines), lead, zinc, many types of pesticides, and many other things.

So which oils do you stay away from? Most highly tested, therapeutic oils (not the ones from any grocery store – the ones that are tested by batch) are so pure that you can use them topically on cats sporadically in a highly diluted form (as if for infants – 0.25% to 1% maximum dilution). It's not a good idea to use them topically or internally on your cat every single day (with some exceptions.)

\*The oils to stay away from and use something different if you can, are the oils that are high in phenols and eugenols as far as direct application (topical or internal) to your cat as well as oils high in d-limonene (citrus oils).

As far as diffusion – I diffuse everything! I just make sure not to diffuse anything in my kitty's room (where her food is) and make sure she's not "locked" in the room with the diffuser – she will go away if it's one she doesn't like or need. Most of the time, she just sleeps by the diffuser, though!

The main thing is, don't give oils to cats topically or internally \*every\* day (with some exceptions). Dilute them, only use highly therapeutic grade, tested essential oils, and when in doubt, feel free to ask.



## Oils to avoid topically and internally with cats:

Citrus Oils (Bergamot, Grapefruit, Lemon, Lime, Orange, Tangerine), Birch, Melaleuca (Tea Tree), Peppermint, Spearmint, and Wintergreen.

## Oils to use caution with when diffusing around cats:

Melaleuca (Tea Tree), Cassia, Cinnamon, Oregano, Thyme, Peppermint, Spearmint, Birch, and Wintergreen.





# DIFFUSING OILS SAFELY AROUND ANIMALS

1. When using essential oils, only use tested as pure essential oils, which means... not from Amazon, your local grocery store, or companies you don't know or trust or won't / can't show you the test results. Many essential oils are adulterated with chemicals that are very toxic for pets to breathe in. We use and recommend doTERRA products.

2. When diffusing, only use 3-4 drops of oil in a water based diffuser on an intermittent setting. No more than 4-6 drops total if you are using a diffuser recipe. The Petal, Lumo, or Brevi diffusers all have this intermittent setting.

3. Be sure your diffuser is in an area where your pet cannot knock it over.

4. Be sure to diffuse in an open area with the door open so your pet can leave the room if desired.

5. Yes, Tea Tree oil can be harmful to pets if you use too much of it. It can be used in moderation

6. If your pet is sensitive to an oil you are diffusing, stop the diffuser and get your pet some fresh air. Contact your veterinarian if you are concerned.

*It is good to be careful using oils around animals, but let's not get overly paranoid about it. Follow some common sense guidelines and rest assured you are helping them, not hurting them!*



# I Look Forward to Connecting with You!



## There's Lots More to Come!

If you enjoyed this eBook, you're going to love the Essential Oils Made Easy Class & other classes we share!

You'll Learn How with just a few essential oils and a good reference book, we can take care of about 80% of Our Health Challenges on Our Own.

Whether you are new to Essential Oils or Have Used them before, we know that you will get alot out of our clases.

Reach out to me any time with questions!

**LOOKING FORWARD TO  
SEEING YOU SOON!**

Deborah Kolody

doTERRA Essential Oil  
Educator & Spiritual  
N R GEE Guide.

