

General Guidelines



Essential oils cannot be prescribed to prevent, cure or treat any disease, but rather they are meant to promote, maintain and support your overall health to live above the wellness line!



Certain oils may help strengthen your immune system, and they may work better in an alkaline environment.



Different oils may bring balance to the body as a whole: Body, Mind, and Emotions, helping with daily stress.



Hot oils such as **Thieves®**, **Oregano**, **Thyme** and others, should be diluted with a high quality vegetable oil (coconut, olive oil, etc.) For extra sensitive skin, the best place to use topically is on the feet.



If you accidentally get oil into the eyes, **DILUTE** with a high quality vegetable oil by rubbing such fatty oil with your hand onto the closed eye. **AVOID** using water.



NEVER drop essential oils directly into the ear canal, it is safer to dilute it and put in a cotton ball in the ear or put it behind the ear and down the neck (to promote drainage).



If some discomfort may occur such as skin rash, headache, wheezing or even unusual dreams, up to a few days after you have used the oils, this could be a sign of your body detoxing from candida, fungus, synthetic chemicals, medicines or even emotional release. It is always advisable to follow a cleansing program if you have never done one. Sulfurzyme (a dietary supplement containing MSM, a special organic sulfur by Young Living) may help ease the introduction of E.O. Look into “detoxing” your home too.



If a chronic condition persists you may consider a change of diet, eliminating gluten (wheat), sugar and dairy products is a good way to start.



Many essential oils can be safely ingested in water, but **ONLY** use glass, paper, ceramic or stainless steel. **AVOID** plastic containers, since essential oils can dissolve petrochemicals that may leech into the beverage.



While many moms have safely used Young Living essential oils while pregnant or for their infants, special care must be taken as they might be sensitive to some oils. The book “Gentle Babies” by Debra Raybern is a great and affordable guide for these particular cases. The feet is the safest place to apply. Always dilute.



Please note that essential oils might enhance the effects of some prescription drugs (like those for hypertension or diabetes), so use special care when using along with medicines, get monitored and have your doctor adjust medications accordingly.



As always common sense should be used. If in doubt, consult a healthcare professional.



You may experience an emotional response to the smell of an oil or blend. If it is not a pleasant experience, do not give up on it too quickly. That oil may be what you need to process through a particular emotion. Try putting it on your feet for a while until your response to the smell improves.



Do not mix oils with petrochemical based ointments or O.T.C. Only dilute with high quality carrier oils (olive, coconut, almond, etc)



As you are excited to share the wonderful benefits of essential oils with others, it is important to make them aware of these basic guidelines.



Citrus oils are photosensitive, so avoid direct sunlight when you apply these on the skin. They may be worn on skin under the clothes.



Although many people with conditions such as epilepsy use most oils safely, use extra caution with high ketone oils such as Basil, Rosemary, Sage and Idaho Tansy.

Keep in mind that we all have our own unique chemistry, so results may vary for each person.