

# Safety Information

This information should be read carefully to ensure that essential oils are used safely and correctly to avoid any adverse reactions.

The information relates to essential oils available from Shirley Price Aromatherapy, who cannot accept liability for the use of essential oils from other companies.

## ESSENTIAL OIL USES

### Amounts to use

Bath	4 - 6 drops, preferably in a carrier lotion or detergent base
Massage	4 - 6 drops in 10 - 15mls carrier oil or lotion
Vaporiser	4 - 6 drops, following manufacturers instructions implicitly

### Babies—up to the age of 2

Bath	1 - 2 drops, preferably diluted in a small amount of white lotion
Massage	2 drops in 10mls carrier oil or lotion

### Children—aged 2 to 12 years

Bath	2 - 3 drops, preferably diluted in white lotion
Massage	2 - 4 drops in 10mls carrier oil or lotion

### Pregnant women

All essential oils are best avoided during the first months of pregnancy. After the third or fourth month there are many oils and products that can be used in aromatherapy treatments that can be effective.

**IF IN DOUBT, CONSULT A QUALIFIED THERAPIST!**

## PRECAUTIONS:

- Keep essential oils out of the reach of children.
- Never remove a fixed dropper from a bottle of essential oil (to prevent spillage and accidental ingestion).
- Do not apply neat essential oils to the skin without consulting a qualified therapist. Some essential oils are PHOTOTOXIC and should never be used neat.

- Do not assume that an essential oil has the same properties as the plant from which it is extracted.
- Do not ingest essential oils without specific, professional advice.
- Do not use more than the recommended doses as specified above - remember: less is sometimes more!

## **IN CASE OF ACCIDENT:**

- If essential oil is splashed in the eyes dab gently with olive oil or another good quality carrier oil on cotton wool. **WATER DOES NOT REMOVE OIL FROM THE EYE.**
- Remove neat essential oil from the hands by washing thoroughly with mild detergent to prevent transference to other parts of the body.
- If essential oils are ingested in quantity you must seek immediate medical assistance.
- If a person shows signs of illness after consuming a few drops of oil this may be an idiosyncratic, allergic reaction - seek immediate medical attention.