

Safe Use of Essential Oils

HOW TO USE

Essential oils are highly concentrated, powerful liquids. Their potency must be respected and they can be toxic if used incorrectly. The way you handle and use essential oils is very important.

Please read the following advice to help ensure that you use essential oils safely and effectively. If you are unsure please contact Lily & Loaf or a qualified aromatherapist for more advice.

- If you have a medical condition and are taking any medication or undergoing any type of medical treatment you should check with your doctor and a qualified aromatherapist to ensure that it is safe to use aromatherapy in conjunction with your prescribed treatment.
- Certain essential oils should be avoided during pregnancy. Please seek professional advice prior to using aromatherapy whilst pregnant.
- Always consult a qualified aromatherapist before using essential oils with babies and children.
- Never take essential oils orally and avoid all contact with the mouth area and eyes.
- Essential oils should never be applied undiluted to the skin as they can cause irritation.
- Certain essential oils can cause skin irritation for people with sensitive skin. If you have sensitive skin we recommend performing a small patch test prior to using any new oil or product.
- A few essential oils such as Bergamot and other citrus oils are phototoxic which means they can cause skin sensitisation and skin discolouration in bright sunlight. These oils should not be applied to the skin before direct exposure to sunlight.
- Please exercise caution when using essential oils around household pets.

For considerations regarding specific essential oils, you may find the information in our product descriptions or product fact sheets helpful. Always keep essential oils out of the reach of children, and away from your eyes.