



MELANIE JANE'S SAFETY TIPS





NEVER APPLY NEAT ESSENTIAL OILS TO THE SKIN

Essential oils should always be correctly diluted before applying to the skin, neat application can cause irritation.

When blended with carrier oils such as Sweet Almond, the oils are allowed to slowly release into the bloodstream and some will remain on the skins' surface, which is why essential oils are so popular in skincare as they work their magic inside and out.

EASY DILUTION RULE OF THUMB – 1 drop of essential oil per every 1ml of carrier oil.

*Half this dosage for children or pregnant women and for facial use if you have sensitive skin





NEVER TAKE ESSENTIAL OILS INTERNALLY

Unless under the supervision of a QUALIFIED MEDICAL PRACTITIONER.

France is leading the way in medical aromatherapy but only under the direction of MDs, so beware of lay persons advising you to take oils internally.

Especially MLM companies advising you to put a few drops of peppermint in water and drink it throughout the day – essential oils are not soluble in water and you could burn your oesophagus!

Essential oils are best used externally and topically for beginners.





USE ESSENTIAL OILS CAUTIOUSLY

Essential oils are HIGHLY concentrated and should always be used responsibly or not at all.

- 1.Take the advice of your doctor before using oils if you suffer from serious health conditions such as epilepsy, liver or kidney damage and high or low blood pressure.
- 2.If you are undergoing chemotherapy or using certain medications ask your doctor first about essential oil use as some oils such as grapefruit can interact with some medications and inhibit or exacerbate the effectiveness.
- 3.Keep way from your eyes and open wounds and wear gloves when you work with them and wash your hands after applying them.
- 4.Keep away from children – some oils smell like candy and very appealing to little people.





SAFE OILS THAT YOU SHOULD USE WITH CAUTION PRIOR TO SUN EXPOSURE

The following oils are perfectly safe for remedies, massage and topical use but you should be aware that they may cause skin to be sensitive to UV rays – photo-sensitivity – this makes the skin susceptible to the skin being sensitized and in worst cases cause sunburn or blistering. If using the below oils in a skin care preparation then use in low quantities and don't use them prior to prolonged sun exposure.

Robert Tisserand states that if used in a dilution of less than 2% then the risk is low.

- BERGAMOT – the most notorious skin sensitizing oil - you can find a BF (bergaptene free) version of bergamot
- LEMON
- LIME
- GRAPEFRUIT





STAY SAFE!

