



ESSENTIAL OIL SAFETY GUIDE

Legend

OA = Oral Administration

DI = Drug Interaction

EPI = Epilepsy

CH = Children

HC = Health Contradictions

P&L = Pregnancy & Lactating

PHO = Photosensitizing

RECOMMENDED; No known risk



CAUTION WARRANTED



AVOID OR USE CAUTION



ESSENTIAL OILS	OA	CH	P&L	DI	HC	PHO	EPI
BALSAM FIR	+	+	+	◇	+	+	+
BASIL (Linalool CT)	+	+	+	◇	◇	+	+
BLUE SPRUCE	◇	◇	◇	+	◇	+	■
BLUE TANSY	+	+	+	◇	◇	+	■
CEDARWOOD	+	+	+	+	+	+	+
CINNAMON	+	+	■	◇	+	◇	+
CISTUS	+	+	+	+	+	+	+
CLARY SAGE	+	+	+	◇	◇	+	+
CLOVE BUD	+	+	◇	◇	◇	+	+
COPAIBA	+	+	+	+	+	+	+
CYPRESS	+	+	+	◇	◇	+	+
EUCALYPTUS	◇	■	+	◇	◇	+	■
FENNEL	◇	◇	■	◇	◇	+	■
FRANKINCENSE	+	+	+	◇	+	+	+
GERANIUM	+	+	+	◇	+	+	+
GERMAN CHAMOMILE	+	+	+	◇	◇	+	+
GINGER	+	+	+	◇	◇	◇	+
GOLDENROD	+	+	+	+	+	+	+
GRAPEFRUIT	+	+	+	◇	+	■	+
HELICHRYSUM	+	+	+	+	+	+	+
JUNIPER BERRY	+	+	+	◇	+	+	+
LAVENDER	+	+	+	+	+	+	+



ESSENTIAL OIL	OA	CH	P&L	DI	HC	PHO	EPI
LEMON	+	+	+	+	+	■	+
LEMONGRASS	+	+	◆	◆	+	+	+
LIME	+	+	+	◆	+	■	+
MARJORAM	+	+	+	+	+	+	+
MELALLEUCA (TEA TREE)	+	+	+	+	+	+	+
MYRRH	+	+	■	+	+	+	+
MYRTLE	+	+	+	◆	+	+	■
NUTMEG	◆	■	■	◆	+	+	+
ORANGE	+	+	+	+	+	+	+
OREGANO	+	+	■	◆	+	+	+
PEPPERMINT	+	■	+	◆	◆	+	+
PINE	+	+	+	+	+	+	+
ROSEMARY	◆	■	◆	◆	◆	+	■
SANDALWOOD	+	+	+	◆	+	+	+
SPRUCE (BLACK)	+	+	+	+	+	+	+
THYME	◆	+	+	◆	◆	+	■
TSUGA	+	+	+	+	+	+	+
VETIVER	+	+	+	+	+	+	+
WINTERGREEN	◆	■	■	■	■	+	■
YLANGYLANG	+	+	+	+	+	+	+
LEGEND	OA	CH	P&L	DI	HC	PHO	EPI

RECOMMENED; No known risk +

CAUTION WARRANTED ◆

AVOID OR USE CAUTION ■

[MANAGE HEALTH NATURALLY](#)

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Ref: "Surviving When Modern Medicine Fails" By Scott A. Johnson