

Sun Pure Botanicals

SAFE USE OF ESSENTIAL OILS

To ensure safe use of essential oils please adhere to the following:

-Essential oils are highly concentrated substances and should be diluted in a carrier oil before being applied to the skin. Some of the common carrier oils are almost (sweet), apricot kernel, avocado, borage, flaxseed, grape seed, hazelnut, jojoba, kukui nut, sesame, sunflower, walnut.

-Only pure essential oils and pure unrefined carrier oils should be used. Never purchase oils that are solvent extracted, synthetic or refined. The refining process removes valuable nutrients, and chemical preservatives are added to extend the shelf life of the product.

-The oils of basil (sweet), bergamot, cinnamon leaf, clove, grapefruit, lemon, lemongrass, lime, mandarin, orange, pepper (black), peppermint, spearmint, and tangerine can irritate the skin, especially dry skin. If any skin irritation should occur as a result of the essential oils, immediately apply lavender oil neat, or a carrier oil to the area. This will quickly soothe the skin.

-If a person is sensitive, the number of drops of essential oils in the massage and bath oil formulas can be reduced to make the formulas half strength.

-When applying essential oils on the skin, using a spray mist, or taking a scented bath be careful not to get essential oil vapors into the eyes. If the oils have already irritated the eyes, flush with cool water.

-Care should be taken when using carrier and essential oils during pregnancy. Many of the oils have a stimulating effect on the uterus that can be very helpful at the appropriate time to facilitate childbirth. However, if those oils are used prior to the time of childbirth, they can bring on premature labor. Even certain common foods, spices, and vegetable oils- celery, carrots, parsley, basil, bay leaves, marjoram, and safflower oil, for example- can stimulate the uterine contractions.

-Small amounts (2-3 drops at a time) of the following essential oils are safe during pregnancy: bergamot, coriander, cypress, frankincense, geranium, ginger, grapefruit, lavender, lemon, lime, mandarin, neroli, orange, patchouli, petitgrain, sandalwood, spearmint, tangerine, tea tree, and ylang-ylang. Sesame oil can be used as a carrier oil.

- If a person is highly allergic, a simple test can determine if there is and sensitivity to a particular oil. Rub a drop of carrier oil on the upper chest area, and in 12 hours check for redness or any other skin reaction. If the skin is clear, place one drop of an essential oil, diluted in 15 drops of the same carrier oil, and again rub on the upper chest area. If there is no skin reaction after 12 hours, both carrier and essential oil can be used.

-Do not consume alcohol, except a small glass of wine with a meal, in the time period when using essential oils.

-Do not use essential oils while on medication; the oils might interfere with the medicine.

-After an application of citrus oils on the skin, avoid sunbathing, saunas, and hot baths, to prevent skin damage.

-Due to FDA regulations, we are not permitted to recommend the ingestion of our essential oils, and so they are being sold for external uses only.