

Disclaimer

The information provided by SmellofSuccess on our website and via other social media channels is for personal, educational and informational purposes and interest only. It is not intended to offer professional medical advice or treatment for any condition. You should not use our site or advice within to treat health conditions or to self-diagnose. We recommend that you consult your GP or other licensed health-care professional if you have any health concerns whatsoever.

All of our advice has been provided on the basis that there are no known contra-indications to treatment. If you have any health problems or are taking any medication you should seek advice from your healthcare provider prior to using aromatherapy. We would also advise that you make an appointment with a local aromatherapist who will be able to take a full case history and offer you tailored treatment advice.

Smell of Success is not a medical practitioner and does not diagnose, treat or prescribe in any shape, manner or form. Always discuss with your medical practitioner or other licensed health-care professional before using any alternative medicines, natural supplements, or vitamins. All information, content and product descriptions contained within this site are for reference purposes and are not intended to substitute advice given by a pharmacist, physician or other licensed health-care professional. Please confirm any information obtained from or through this website with other sources, and review all information regarding any medical condition or treatment with your physician. Never disregard professional medical advice or delay seeking medical treatment because of something you have read on this website. You should not use this information for treating a health problem or disease or to make a self-diagnosis.

Actual product packaging and materials may contain different information than shown on this website. Contact your health care provider or other licensed health-care professional immediately if you suspect that you have a medical problem. Information and statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any health condition or disease.

The following safety precautions are guidelines only. You should consult with any aromatherapist about essential oil usage and always inform your primary or other licensed health-care professional what you are using as they may not be conducive with his/her prescribed therapy and medications.

Please note that SmellofSuccess accepts no liability for misuse of essential oils or other products or for any reliance on the information provided by us via our website or other social media channels.

Safety guidelines

dōTERRA's Certified Pure Therapeutic Grade® essential oils can be used safely for a variety of wellness applications. However, there are several safety guidelines that you should follow when using essential oils and essential oil products.

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.

Please note that this list does not constitute a complete safety reference. If you are unsure please contact SmellofSuccess or a qualified local aromatherapist for more advice or contact DoTERRA customer services.

- The term 'natural' does not guarantee safety, read and follow instructions carefully
- Flammable: The flash point of each essential oil is different. Many of the common essential oils, such as tea tree, lavender, and citrus oils, are classed as a Class 3 Flammable Liquid, as they have a flash point of 50–60 °C. Store all oils in a cool and dry place.
- Keep Essential Oils in a secure place away from children and pets. Do not use oil on a child's hand as they may transfer to their eyes or mouth.
- Never take essential oils orally unless they are Certified Pure Therapeutic Grade (CPTG) and the FDA has approved them for internal use. These oils have the designation of GRAS (Generally Recognised As Safe for Human consumption). Oils without this designation should never be used internally without first consulting a certified health care professional.

- Do NOT consume an essential oil internally unless labeled with a Supplement Facts box with specific dietary supplement use instructions and warnings.
- Discontinue the use of an essential oil if you experience severe skin, stomach, or respiratory irritation or discomfort.
- If you have a medical condition and are taking any medication or undergoing any type of medical treatment you should check with your doctor or certified health care professional to ensure that it is safe to use aromatherapy in conjunction with your prescribed treatment.
- Unless otherwise stated, never use essential oils on your skin without diluting the essential oil with a carrier oil. A skin test is recommended prior to use, especially if you have a sensitive skin. Place a small amount of the blended oil on the inside of your elbow, cover with a bandage and check in 24 hours. If you experience any soreness, redness or irritation do not use the blend. Consulting an Aromatherapist to obtain assistance to determine what essential oil you should use is recommended.
- 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. See below for further information.
- If allergic to certain foods, do not use essential oils or carrier oils that come from those foods.
- Always consult a qualified aromatherapist before using essential oils with babies and children.
- Essential oils should not be used in the eyes, inside the ear canal, or in open wounds. If an essential oil or essential oil blend gets into your eye, flush the eye immediately with a cotton pad with a vegetable oil like olive oil or cold milk. (the fat's in these liquids will absorb the essential oil). Do NOT use water. Seek medical attention if the stinging and/or irritation continues.

Special Notes:

Please note: this list is not exhaustive. If you have underlying health issues please consult with a licensed medical health practitioner before using essential oils.

Essential oils to avoid when you have cancer: Aniseed, Basil ct Methyl chavicol, Bay Laurel (Laurel nobilus), Clove, Cinnamon, Fennel, Ho leaf, Nutmeg, Star anise.

Essential oils to avoid when you have estrogen dependent cancers: Aniseed, Citronella, Eucalyptus, Fennel, Lemongrass, Star anise, Verbena

Essential oils to avoid when you have skin cancer: Bergamot (non-FCF), all sun sensitizing oils (see below)

Epilepsy: The following oils should be avoided in individuals who have epilepsy or seizure disorders: Cajaput, Champhor, Eucalyptus, Fennel, Hyssop, Nutmeg, Peppermint, Rosemary

Please avoid these essential oils with High Blood Pressure: Avoid Hyssop, Rosemary, Sage and Thyme.

Homeopathy: If you are under a Homeopathy Treatment avoid Black Pepper, Camphor, Eucalyptus, Peppermint.

Pregnancy: Exposure to essential oils generally should be avoided/minimized during pregnancy, especially during the first trimester. Later in pregnancy, use essential oils in half the stated amount. The following oils should be **avoided all together:** Basil, Cedarwood, Cinnamon Leaf, Citronella, Clary Sage, Fennel, Hyssop, Juniper, Marjoram, Myrrh, Nutmeg, Thyme (white). During the **first 4 months** of pregnancy avoid Peppermint, Rose and Rosemary. Please consult a qualified health care practitioner prior to using aromatherapy whilst pregnant.

Skin Irritants: Some essential oils may cause skin irritation in some individuals. It is recommended that a patch test be performed before use of any oils. The following oils should never be used on the skin **without dilution:** Basil, Black Pepper, Clove, Cinnamon Bark, Ginger, Lemon, Lemongrass, Oregano, Peppermint, Pine.

Skin Sensitizers: Some individuals may experience a heightened sensitivity and allergic reaction to some essential oils. These oils have a higher tendency to produce a **sensitization reaction**: Basil, Cinnamon Bark, Lemon, Lemongrass, Melissa, Peppermint, Thyme, Tea Tree.

Sun Sensitization: Some essential oils, especially those of the citrus family, may increase your skin's sensitivity to sun and UV light. If using these oils avoid sunlight and UV light exposure of the treated area for 12-24 hrs: Bergamot (except FCF, Furano Coumarin Free), Bitter Orange (Cold Pressed), Grapefruit (Cold Pressed), Lemon (Cold Pressed), Lime (Cold Pressed), Orange (Cold Pressed), Mandarin (Cold Pressed), Tangerine (Cold Pressed).

If you have questions or concerns with your use of dōTERRA products, please contact dōTERRA by e-mailing your comments to productsupport@doterra.com. They will try to respond within 24 hours after receiving your e-mail. If you would like any further information or advice please feel free to contact and we will try to help wherever we can!

For product promotion, SmellofSuccess disclaims the following:

This website promotes essential oils and when joining our team, SmellofSuccess will earn a commission from DoTERRA. The commission received will not influence the content, topics or information shared on this website.

The owner of this website might also receive affiliate commission from third party networks for sharing products related to the essential oils and the content on the website. SmellofSuccess is a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for sites to earn advertising fees by advertising and linking to [amazon.com](https://www.amazon.com).