

Precautions when using your Oils

- ❖ If you suffer from sensitive skin or allergies Patch test yourself with a new oil before you use it
 - ❖
 - ❖ Keep all bottles out of reach of children
 - ❖
 - ❖ Keep oils away from polished surfaces
 - ❖
 - ❖ Do not apply neat oils to the skin unless specified
 - ❖
 - ❖ Keep away from eyes and always wash hands after use. Rinse eyes with cool water if you get oils in them
 - ❖
 - ❖ Never take or apply any oils internally
 - ❖
 - ❖ Citrus oils, especially Bergamot, increase skin sensitivity to sunlight (photosensitivity) do not use within 24 hours of exposure to sun or it could cause pigmentation
 - ❖
 - ❖ Avoid all citrus oils if you have a history of melanoma, skin cancer, large moles etc
 - ❖
 - ❖ Never use an essential oil without product information
 - ❖ Avoid prolonged use of any oil (daily for more than 3 months) take a 2 month break to prevent sensitivity from developing
 - ❖
 - ❖ Avoid Rosemary, Fennel and Sage if you suffer from epilepsy
 - ❖
 - ❖ Some homeopaths recommend that you do not use essential oils when using homeopathic remedies. Always check with your homeopath first
 - ❖
 - ❖ Do not use oils around pets
 - ❖
 - ❖ Always store your oils in dark bottles, in a box in a cool, dark place. Keep away from heat and direct sunlight. Shelf life once opened is 12 Months
 - ❖
 - ❖ Never use oils in plastic, it will penetrate and may even destroy plastic containers especially citrus oils. Use glass and metal instead
- © The Academy at The Retreat 2017 all rights reserved**
www.retreatacademy.co.uk