

Oils Unsafe for Pregnancy

Do not use the following oils if you are pregnant or trying to conceive.

Aniseed - *Pimpinella anisum*

Star Anise - *Illicium verum*

Basil - *Lamiaceae (Labiatae)*

Bay Laurel - *Laurus nobilis*

Birch, Sweet - *Betula lenta L*

Carrot Seed - *Daucus carota*

Cinnamon (bark) - *Cinnamomum zeylanicum*

Fennel - *Foeniculum vulgare*

Hyssop - *Hyssopus officinalis*

Jasmine (absolute) - *Jasminum grandiflorum*

Spanish Lavender - *Lavandula stoechas*

Lemongrass - *Poaceae (Gramineae)*

Litsea cubeba - *Litsea cubeba*

Melissa / Lemon Balm - *Melissa officinalis*

Myrrh - *Commiphora myrrha*

Myrtle - *Myrtis communis*

Parsley - *Petroselinum crispum*

Pennyroyal - *Mentha pulegium*. **This is very toxic**

Ravensara - *Cinnamomum camphora*

Sage - *Salvia officinalis*

Spanish Sage - *Salvia lavandulaefolia*

Savin - *Juniperus sabina*

Tansy - *Tanacetum vulgare*. **This is very toxic**

Tea Tree, Lemon Scented - *Leptospermum pertersonii*

Thuja - *Thuja occidentalis L.*

Thyme, Lemon - *Thymus citriodorus*

Wintergreen - *Gaultheria fragrantissima Wall*

Wormwood - *Artemisia absinthium*

Yarrow - *Achillea millefolium*

REFERENCES

Essential Oils, S. Curtis, P. Thomas. F. Johnson, Dorling Kindersley, 2016

The Fragrant Mind, V. A. Worwood, Bantam Books, 1997

The Complete Aromatherapy and Essential Oils Handbook for Everyday Wellness, N. Purchon & L. Cantele, Robert Rose Inc, 2014



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DISCLAIMER

The information provided by *It Just Might Work* is general in nature, and for personal information and interest only. It is not intended to take the place of professional medical advice or treatment for any condition. Nor should it be used to self-diagnose. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using these products.

Essential oils are highly concentrated, powerful liquids and must be handled with care. Their potency must be respected as some may be toxic if used incorrectly.

Many essential oils are not suitable for children or should only be used for specific age groups. If you are pregnant, nursing, taking medication or have a medical condition please contact your health care professional before using any of our products.

SAFETY

- Essential oils are flammable so keep them away from any naked flames
- Store essential Oils in a cool dark place
- Do not add essential oils to food or drink
- Do not use essential oils neat (undiluted) on the skin
- Keep essential oils away from pets or children

The
Health
and
Wellbeing
Collection



Essential oil blends
for personal
wellbeing



Essential Oils

What are essential oils?

Essential oils are the highly concentrated essences obtained from plants. They have been used throughout history as a form of natural healing. The oils use the plant's therapeutic properties to help restore balance to the mind, body and spirit.



Using Essential Oils Safely

As essential oils are highly concentrated, they need to be used sensibly and diluted properly. Keep them in a cool, dark place and out of the reach of children. They should be used in accordance with their instructions and expiry dates. Never add essential oils to food or drink or use undiluted oil on the skin.

Be very careful about using oils on babies and young children as the oils can have adverse effects. Most essential oils should be avoided during pregnancy and care should be taken when using these oils with the elderly.

If you have sensitive skin or are unsure how a particular oil may affect you do a patch test before using it. Apply a small amount of oil to the inside of your elbow and wait for 24 hours. If no redness or irritation occurs you can use the oil on a larger area of skin.

REFERENCES

Essential Oils, S. Curtis, P. Thomas. F. Johnson, Dorling Kindersley, 2016
The Fragrant Pharmacy, V. A. Worwood, Bantam Books, 1991

Ways to use the oils

There are many ways to enjoy the benefits of essential oils:

Application to the skin

- Use a specific oil or blend of oils in a carrier oil base for massage.
- Use a roller bottle filled with the oil diluted in a carrier oil where needed.

Inhalation

- Use oil sprinkled onto a tissue, use an inhaler/ aroma jar or steam inhalation.

Baths

- Add a specific oil or blend of oils in a carrier oil base to the water or using a bath bomb.

Compresses

- Add a specific oil or blend of oils to a shallow bowl of hot or cold water then soak a wash cloth in the water and apply to the relevant area.

Showers and Saunas

- Add the selected oil to a wash cloth then place in the shower area. Hang the wash cloth at face level to fully enjoy the aroma. Add the oil to 2 tablespoons of unscented shower gel.

Diffusion

- Use an ultrasonic diffuser, vaporiser, reed diffuser or oil burner to disperse the oils into the air.
- Use a room spray to spread the oils through the air.

Balms, Salves and Creams

- Add a small amount of undiluted oil to the chosen balm, salve or cream.



Focused Blends

Do not use the following oil blends if you are pregnant, trying to conceive or on children.

All blends are diluted with Grapeseed Oil or Sweet Almond Oil

Anxiety

Bergamot (*Citrus bergamia*), Lavender (*Lavendula Augustifolia*)
Mandarin (*Citrus reticulata*), Cedarwood Atlas (*Cedrus atlantica*),
Peppermint (*Mentha x piperata*).

Focus

Thyme (*Thymus vulgaris*), Lemon (*Citrus limon*), Rosemary (*Rosmarium officinalis*), Basil (*Ocimum basilicum*).

Restfulness

Rose Geranium (*Pelargonium graveolens*), Lavender (*Lavendula Augustifolia*), Clary Sage (*Salvia sclarea*).

Insomnia

Simple Blend - Lavender (*Lavendula Augustifolia*), Cedarwood Atlas (*Cedrus atlantica*), Ylang Ylang (*Cananga odorata*)

Strong Blend - Lavender (*Lavendula Augustifolia*), Roman Chamomile (*Chamaemelum nobile*), Lemon Balm (*Melissa officinalis*), Cedarwood Atlas (*Cedrus atlantica*), Orange (*Citrus sinensis*), Juniper Berry (*Juniperus communis*), Clary Sage (*Salvia sclarea*), Frankincense (*Boswellia carteri*), Pine (*Pinus sylvestris*).

Totally Tired

Lavender (*Lavendula Augustifolia*), Lemon (*Citrus limon*), Clary Sage (*Salvia sclarea*).

Stress

Simple Blend

For tiredness, irritability. Aches and pains and occasional depression.

Lemon Eucalyptus (*Eucalyptus citriodora*), Rose Geranium (*Pelargonium graveolens*), Lavender (*Lavendula Augustifolia*).

Strong Blend -

For anxiety and depression.

Clary Sage (*Salvia sclarea*), Roman Chamomile (*Chamaemelum nobile*), Lavender (*Lavendula Augustifolia*), Rose Geranium (*Pelargonium graveolens*).