

Essential Oil Safety Guide

Essential Oil	Ages	Photosensitive	CAUTION	Drug Interaction?	Note
Angelica		Yes			
Basil			Do not use if pregnant	caution with high blood pressure & epilepsy medications	
Bergamot	All	Yes			Best refrigerated to slow oxidation Can cause slowed respiration or breathing problems in some children
Cardamom	10+ years				
Carrot Seed	All		Do not use if pregnant or breastfeeding		
Cassia	Inhale: All Topical: 2+ years		Do not use if taking aspirin, have bleeding disorders, and before or after surgery as it inhibits blood clotting. Do not use if pregnant (embryotoxic) or breastfeeding	aspirin, blood thinners, diabetes medication Drugs metabolized by CYP2D6, CYP1A2, CYP2C9, or CYP3A4	
Chamomile (German)	All		Do not use if taking aspirin, have bleeding disorders, and before or after surgery as it inhibits blood clotting.	analgesics, anti-arrhythmics, antipsychotics, antidepressants	Best refrigerated to slow oxidation
Cinnamon Bark	All		Do not use if pregnant (embryotoxic) or breastfeeding	aspirin, blood thinners, diabetes medication	
Cinnamon Leaf	All		Do not use if taking aspirin, have bleeding disorders, and before or after surgery as it inhibits blood clotting.	aspirin, blood thinners, pethidine, MAOIs, or SSRIs	
Citronella	All			Drugs metabolized by CYP2B6	
Clary Sage			Do not use if pregnant		

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				aspirin, blood thinners, pethidine, MAOIs, or SSRIs	
			Do not use if taking aspirin, have bleeding disorders, and before or after surgery as it inhibits blood clotting.	anticonvulsants antidepressants	
Clove	Inhale: All Topical: 2+ years		Do not use on damaged or broken skin	Ephedrine (diet drug)	
Cumin		Yes			
Dill				diabetes medication	
Eucalyptus	10+ years				Can cause slowed respiration or breathing problems in some children
				caution with high blood pressure & epilepsy medications	
Fennel			Do not use if pregnant	diabetes medications diabetes medication or drugs metabolized by CYP2B6.	
Geranium	All				
Ginger		Yes			
Grapefruit	All	Yes			Best refrigerated to slow oxidation
Helichrysm				aspirin, blood thinners caution with high blood pressure & epilepsy medications	
Hyssop			Do not use if pregnant		
			Do <i>NOT</i> add to water. Long-term use of essential oils consumed this way can cause permanent damage to your esophagus, increase your risk of developing ulcers, or even cause kidney and liver distress or failure		If steam distilled not photosensitive; best refrigerated to slow oxidation
Lemon	All	Yes (cold pressed)		Drugs metabolized by CYP2B6 or diabetes medication	
			Avoid using on hypersensitive, diseased, damaged, or broken skin.		
Lemongrass	Inhale: All Topical: 2+ years		Avoid using internally if pregnant	anticonvulsants	

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Lime	All	Yes (cold pressed)	Do <i>NOT</i> add to water. Long-term use of essential oils consumed this way can cause permanent damage to your esophagus, increase your risk of developing ulcers, or even cause kidney and liver distress or failure		If steam distilled not photosensitive; best refrigerated to slow oxidation
Melissa	Inhale: All Topical: 2+ years		Avoid using on hypersensitive, diseased, damaged, or broken skin.	diabetes medication or drugs metabolized by CYP2B6. anticonvulsants antidepressants	
Myrrh	2+ years		Do not use if Pregnant or breastfeeding (fetotoxic)		
Nutmeg			Do not use if pregnant	caution with high blood pressure & epilepsy medications blood thinners, aspirin Ephedrine (diet drug)	
Orange, Wild		Yes			
Oregano	Inhale: All Topical: 2+ years		Do not use if taking aspirin, have bleeding disorders, and before or after surgery as it inhibits blood clotting. Do not use if Pregnant or breastfeeding (embryotoxic)	diabetes medication, aspirin, blood thinners	
Patchouli	All		Do not use if taking aspirin, have bleeding disorders, and before or after surgery as it inhibits blood clotting.	diabetes medication, aspirin, blood thinners	
Peppermint	6+ years		Avoid taking internally if you have cholestasis or GERD NEVER use if you have G6PD deficiency (a common genetic enzyme deficiency) or cardiac fibrillation	caution with high blood pressure & epilepsy medications caution with epilepsy medications	May cause milk supply to decrease during breastfeeding if used liberally High menthol content stimulates cold receptors in the lungs and can
Rosemary	Inhale: 10+ years Topical: 10+ years		Do not use if pregnant	avoid with high blood pressure medications	Can cause slowed respiration or breathing problems in some children

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Sage			Do not use if pregnant	caution with epilepsy medications avoid with high blood pressure medications Drugs metabolized by CYP2D6, CYP1A2, or CYP3A4	
Tansy	All			caution with high blood pressure & epilepsy medications antiarrhythmics antidepressants	
Tarragon			Do not use if pregnant Do not use if taking aspirin, have bleeding disorders, and before or after surgery as it inhibits blood clotting. Do not use if have salicylate sensitivity, ADD/ADHD	caution with high blood pressure & epilepsy medications	
Wintergreen			Avoid using internally if you have GERD	aspirin, blood thinners	
Ylang Ylang	Inhale: All Topical: 2+ years		Avoid using on hypersensitive, diseased, damaged, or broken skin.		

Sources:

- Lea Harris <http://www.usingeosafely.com/>
- <http://blog.selahessentialoils.com/2015/02/possible-interactions-with-prescription.html>
- A Beginner's Guide to Essential Oils by Tonia Lyons
- <http://dr-lobisco.com/essentialoil-druginteractions/>
- <https://www.mommypotamus.com/safe-essential-oils-babies-children/>
- <https://wellnessmama.com/26519/risks-essential-oils/>