

# Common "Scents" Precautions



for more information contact

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Authorised Distributor for Young  
Living Essential Oils

Therapeutic-grade essential oils are strong and safe when used as directed. Below are some preventative precautions that help you have an enjoyable experience using Young Living Essential Oils.

- 1 Read the complete label before using essential oils.
- 2 Keep the lids securely fastened and out of reach of children. If a child swallows an essential oil, administer milk, honey, or another safe oil-soluble liquid.
- 3 Therapeutic-grade essential oils are normally used at full strength. However, because of differences, it is wise to test a small amount of an oil the first time it is used on the soft, underside of your arm to see if you are allergic. If an oil starts to irritate, rub the area with vegetable oil. Water will not work. If irritation persists, discontinue the use of that particular oil.
- 4 keep oils out of your eyes, ears, and away from mucous membranes. If you get oil in your eye, soothe with a drop of vegetable oil. Washing the eye with water does not help.
- 5 Be aware that citrus oils may cause an increase reaction t the sun. Avoid prolonged Sunbathing after applying pure citrus oil to the skin.
- 6 Do not take internally without the supervision of a health professional who understands the use of essential oils.
- 7 Do not use essential oils when pregnant without the supervision of a health professional.
- 8 Do not put essential oils directly into the bath water, as oils do not mix directly with hot water. Therefore they can go directly to your private parts and cause irritation or pain. Use only with "bath & shower gel base" or any Young Living's mixed bath & shower gel products.

It is not our intent, to diagnose, prescribe, make medical claims, to practice medicine in any form, or to encourage anyone else to do so unless they are properly licensed to perform such functions. For these things you need to see a physician or other appropriate licensed health care professional. Healing is a holistic spiritual term, not a medical one.