

# DO'S, DON'TS, AND OTHER SAFETY TIPS



## DO

- Use only therapeutic or medical grade essential oils
- Dilute essential oils prior to application topically (See dilution guide on page 15)
- Research your pet's health status and medications they are taking currently
- Observe your pet's behavior when using or diffusing essential oils
- Use caution with pregnant, nursing, or young animals. Avoid: Arborvitae, Basil, Birch, Cassia, Cinnamon, Rosemary, Thyme, Wintergreen.
- Use a water diffuser rather than one that pulls oils directly from the bottle (See page 4 for more diffusing tips)
- In the event of an adverse reaction, dilute with a carrier oil – skin irritation is the most common
- Contact your veterinarian if your pet exhibits abnormal behaviors or has an illness

## DON'T

- Use oils on the nose, in the ears, in the eyes or around the genitals or anus of an animal
- Use water to remove an essential oil, rather dilute with a vegetable oil like Fractionated Coconut Oil
- Apply large amounts of essential oil at one time
- Use essential oils at the same time as another topical medication, including dermal patches (this includes topical flea/tick preventatives)
- Give your pet ANY product containing xylitol, including toothpaste or essential oil beadlets
- Panic if your pet has skin irritation or an adverse reaction. Most of these resolve with dilution and fresh air within 24 hours.

### Oils to avoid if your pet is epileptic or has seizures:

Rosemary, Fennel, Sage, Camphor, Eucalyptus, Basil, Wintergreen, and the blends that contain these oils.

### Oils to avoid if your pet has a clotting or bleeding disorder or are taking an anticoagulant:

Wintergreen, Blue Tansy, Birch, Cassia, Cinnamon, Clove, Fennel, Marjoram, Oregano, Patchouli, and Thyme.

### Oils to avoid if your pet is on an anti-diabetic drug without careful blood glucose monitoring:

Cassia, Cinnamon, Dill, Fennel, Lemongrass, Marjoram, Melissa, Myrrh, and Oregano.

### Photosensitizing oils may cause burning in pink skinned animals if used topically within 24 hours of UV exposure:

Bergamot, Cumin, Grapefruit, Lemon, Lime, Kumquat, Tangerine, Orange